



Measurement sheet

Our measurements and how they are taken are unique to our drafting process. We highly recommend watching our video tutorial in full before you begin, even if you are a seasoned pro!

Please do not measure your own body. This will produce wildly inaccurate measurements and result in ill-fitting drafted blocks. We highly recommend asking a friend to take your measurements or ask your client to come in to be measured.

Please ensure the model is wearing comfortably fitting underwear (non-padded bra and pants) whilst being measured. Make sure the underwear does not restrict or control the form. Underwear that is too tight around the waist, hips and back can restrict the natural form of the body and therefore give inaccurate measurements.

When measurements are taken, ensure the model is standing with their back straight in a comfortable posture. Make sure both feet are together, and their arms are placed at their side - symmetry of the body is key to taking good measurements. Finally make sure you or your model isn't holding their breath or sucking in their stomach.

First name:

Last name:

Building number/ name

Standard size:

Street:

D.O.B:

City:

1. Neck

15. Waist

2. Shoulder

16. Top Hip

3. Chest

17. Hip

4. Side Neck Point to Bust

18. Waist to Hip

5. Front Side Neck Point to Waist

19. Waist to Knee

6. Bust

20. Thigh

7. Rib Cage

21. Knee

8. Bust Span

22. High Ankle

9. Top Arm

23. Ankle

10. Wrist

24. Waist to Floor

11. Sleeve Length

25. Body Rise

12. Armscye Depth

26. Crotch Length

13. Back Width

27. Height

14. Back Side Neck Point to Waist

Enter your custom measurements in the profile page online at:
<https://patternlab.london/lab/sizes>