

Design & Sew Clothes You Love That Fit.



Gina Renee

How to Measure Yourself

(use #GRDMETHOD, & @GinaReneeDesigns on Instagram)

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Tools & Supplies

TAPE MEASURE

- ☐ SCOTCH TAPE (MATTE, NOT SHINEY)
- ☐ 3/8" WIDE (1CM) ELASTIC- 6 YARDS/METERS
- ☐ 3/8" WIDE (1CM) RIBBON- 3 YARDS/METERS
- ☐ SCISSORS FOR CUTTING RIBBON AND ELASTIC
- ☐ FULL-LENGTH MIRROR

OPTIONAL:

- ☐ MINI-LEVEL
- ☐ 1/2" X 3/4" (1CM X 2CM) WHITE LABELS/STICKERS
- ☐ BLACK MARKER



Note You can use either Inches (Imperial) or Centimeters (Metric). If you're using Inches, use decimals as the chart below. Measure to the nearest 1/8."

For Metric, measure only to the millimeter, for example 1.2cm, not 1.25cm.

QUICK REFERENCE INCHES

FRACTIONS	DECIMALS
1/8	= .125
1/4	= .25
3/8	= .375
1/2	= .5
5/8	= .625
3/4	= .75
7/8	= .875

Date:

Point of Measure	Body Measurements

Date:

Point of Measure	Body Measurements

Abbreviations & Terminology

This page is from the book I wrote, *The Fitting Book*.
Find *The Fitting Book* on Amazon and most online book retail stores.

CF = Center Front - the center front of your body.

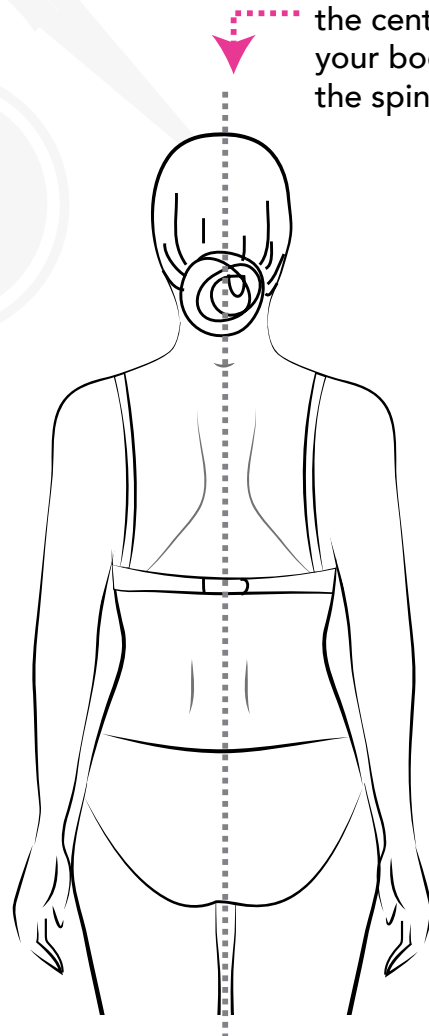
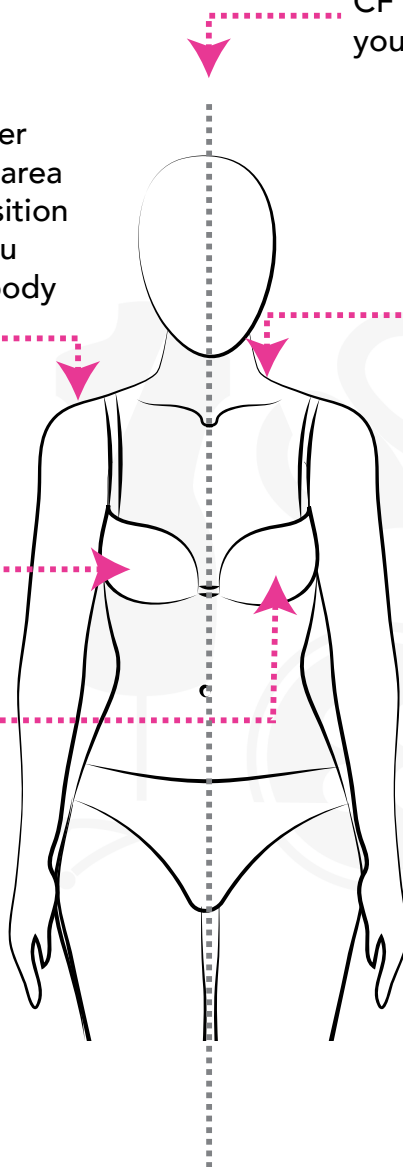
LPS = Low Point Shoulder

This is the top shoulder area by the armhole. The position is usually higher than you think and more on the body than on the arm.

HPS = High Point Shoulder - the top shoulder area by the neckline.

APEX = The high point area of the bust. The position can be where the nipple of the breast is, but not always.

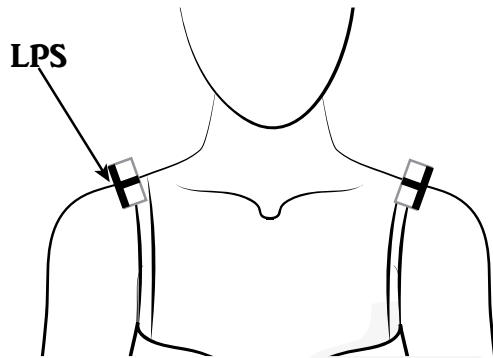
CB = Center Back - the center back of your body (along the spine)



POM(s) = Point of Measure(s)
The position your are measuring.
For example, the "Bust" is a point of measure that is the circumference of the Full bust.

Finding the Low Point Shoulder (LPS)

FIRST FIND THE LOW POINT SHOULDER POSITION



PLACE YOUR HAND ON YOUR HIP AND FIND THE BONE PROTRUDING ON YOUR SHOULDER.

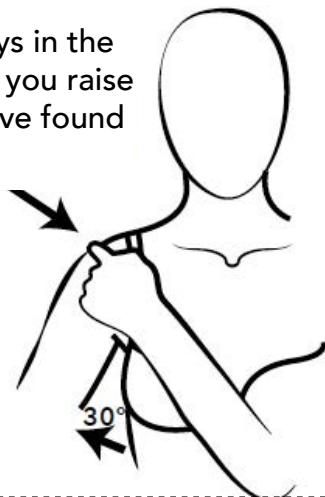


How do you find your perfect across shoulder width? Many people overestimate this measurement and make it too long. The across shoulder measurement goes from one LPS to the other LPS. A shoulder width measurement goes from the HPS to the LPS, and it is also referred to as the shoulder seam length. The terminology can be frequently interchanged. When you have the correct shoulder width for your body, you reduce draglines, increase comfort, and improve the range of movement for the arm.

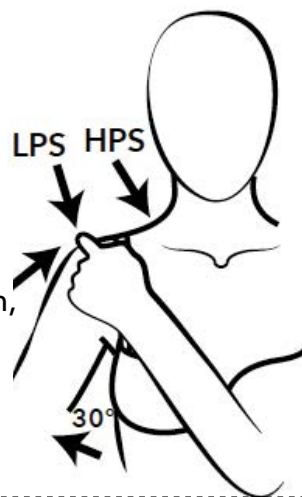
1. Feel your low point shoulder (LPS) by feeling your protruding shoulder tip bone. You may need to dig a little to find it. If you are having trouble locating the bone, follow your front collarbone all the way to the edge of your LPS. The shoulder tip (LPS) is at the end of the collar bone, and it protrudes slightly. Another method is to bend your elbow, and place your hand on your hip. Some people can feel the bone more easily when the arm is in this position.

2. When you think you have found the low point shoulder, place your finger on the tip of the bone, and look in the mirror. Leaving your finger on the LPS, raise your arm 30-degrees. If the finger resting on the shoulder bone does not rise or lower as you move, you have found your low point shoulder. If your finger rises with the arm, you are too far.

If your finger stays in the same position as you raise your arm, you have found the LPS.



If your finger rises as you raise your arm, you are in the wrong place.



Finding the Low Point Shoulder (LPS)

Imagine where you would want a standard, fitted armhole to sit.
Envision the armhole position on your body.



Go smaller rather than larger for this following measurement!

Across Shoulders

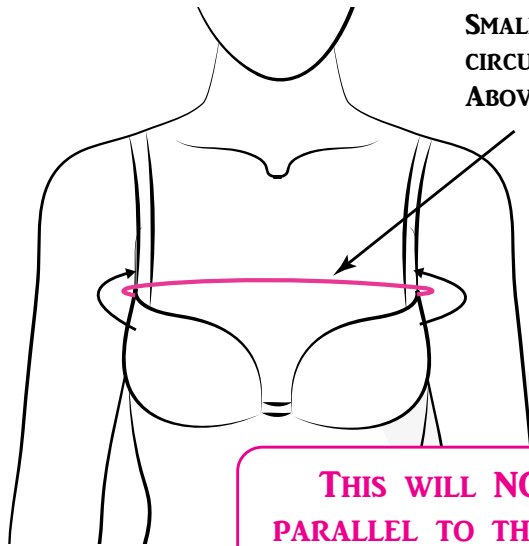
ACROSS SHOULDERS: EDGE OF BONE TO BONE

PASS THE TAPE MEASURE ALL THE WAY ACROSS THE BACK, HOLD THE RIBBON AND TAPE MEASURE DOWN AT EACH SIDE AND NOTE DOWN THE MEASUREMENT ON THE INTERSECTION OF THE "T" ON THE LABEL.



Above Bust

ABOVE BUST (NOT LEVEL)



SMALLEST
CIRCUMFERENCE
ABOVE YOUR BUST.



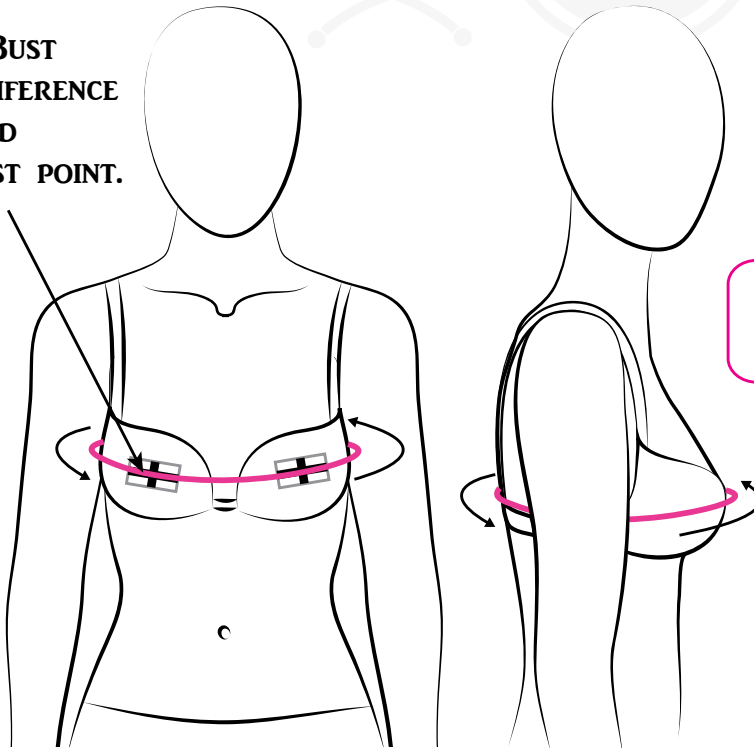
ELBOWS DOWN!

**THIS WILL NOT BE
PARALLEL TO THE FLOOR!**

Bust

BUST (FULL BUST)

FULL BUST
CIRCUMFERENCE
AROUND
LARGEST POINT.



ELBOWS DOWN!

**USE YOUR LEVEL TO BE SURE
IT'S PARALLEL TO THE FLOOR.**



Waist

WAIST (TRUE WAIST)

WRAP THE TAPE MEASURE ROUND THE WAIST. THIS IS USUALLY THE SMALLEST PART (IF THERE IS A SMALLEST AREA) OR THE AREA THAT BENDS WHEN YOU LEAN SIDE TO SIDE. PASS THE TAPE MEASURE THROUGH THE ELASTIC LOOP. PULL THE RIBBON AND END OF TAPE MEASURE SNUG. WRITE DOWN THE MEASUREMENT.



YOU MAY WANT TO ALSO KEEP THE TAPE MEASURE IN PLACE AND SIT DOWN. IT CAN BE GOOD TO DOCUMENT BOTH THE STANDING AND SEATED MEASUREMENTS.

Low Hip

LOW HIP (SITTING)

PASS THE TAPE MEASURE ROUND THE LOW HIP POSITION. THIS IS THE LARGEST AREA OF THE BOTTOM AREA. USING THROUGH THE ELASTIC LOOP, PULL THE RIBBON AND END OF TAPE MEASURE TIGHT.



>> SLOWLY SIT DOWN IN A CHAIR WHILE KEEPING THE MEASURE IN PLACE WITH THE LOW HIP STICKERS. YOU MAY WANT TO MAKE A NOTE OF THIS MEASUREMENT WHEN STANDING UP AS WELL. HOWEVER, I PREFER USING THE SEATED POSITION FOR THE MEASUREMENT CHART WHILE ASSESSING EASE AMOUNTS.



Front Length (Tops)

FRONT LENGTH TO THE HIGH HIP: HPS TO HIGH HIP
(THIS LENGTH CORRELATES TO THE LENGTH OF TOPS)

KEEP THE CORNER OF THE TAPE MEASURE AT THE HPS STICKER AND PASS THE TAPE MEASURE DOWN OVER THE BUST AND TUMMY TO THE HIGH HIP.



I ENJOY Creativity.
REALIZE HOW Talented I AM.
VALUE MY Unique CREATIONS.
AM Proud OF MY SEWING SKILLS.
CAN PASS ON SEWING Knowledge TO OTHERS.
CAN KEEP Hand-Crafted ITEMS FOR GENERATIONS.



Gina Renee

PROMOTES THE ART OF SEWING TO CREATE A MORE SUSTAINABLE AND CREATIVE WORLD.