

# Personal Measurements for Sewing

Name:

Date Taken:

Area	Measurement
<b>Upper Body</b>	
High Bust or Upper Chest (tape high under the arm & above the bra band)	
Full Bust (around the fullest part of the bust & in line with the bra band)	
Bust Point or Apex (from shoulder) Bust dart should end 3.8 cm (1 1/2") from bust apex	
Cross Chest (above the bust from arm crease to arm crease)	
Cross Back (across the upper back from crease to crease)	
Shoulder Width (from where a necklace lies to the shoulder joint)	
Waist (where you have a crease when bending sideways)	
High Hip or Tummy measurement (about 3" down from waistline)	
Full Hip (around the fullest part of the hips)	
Back Waist (from where a necklace lies to the waist measurement point)	
Cross-Back Diagonal - Left (determines if one shoulder is higher than other) (from left shoulder joint to centre back waist)	
Cross-Back Diagonal - Right (from right shoulder joint to centre back waist)	
Jacket Length - short (neck to high hip)	
Jacket Length - long (neck to crotch or full hip)	
Neck Circumference	
Bicep (with arm bent, around the fullest part of the upper arm)	
Lower Arm Girth (fullest point between elbow and wrist)	
Full Sleeve Length (bend arm at 45° angle - from shoulder joint to wrist)	
Elbow Length (from shoulder joint to elbow with arm bent)	
<b>Lower Body</b>	
Calf Circumference	Ankle Circumference
Thigh (sitting)	Above Knee (sitting)
Pant Length - Full	Pant Length - Knee
Knee to Ankle	Skirt Length - Above Knee
Skirt Length - Mid-calf	Skirt Length - Midi
Crotch Length - Front	Crotch Length - Back

