

PERSONAL BODY MEASUREMENT TABLE

1. Neck: at the base, where a jewel neckline would fall	
2. Chest: under the arms and above the bust	
3. Bust: across the fullest part and across the bridge	
4. Midriff: just below the bust	
5. Waist: where the ribbon is	
6. High hip: about 3 inches below your waistline	
7. Full hip: wherever you are widest, which may be across your thighs	
8. Bust apex to apex: straight across the bridge	
9. Side neck to bust apex: from the base of the neck at the shoulder seam to the apex on the same side of the body	
10. Bust apex to center-front waist: measure diagonally to the ribbon at center front	
11. Front waist length: from the base of the neck at center front, over the bridge, to the ribbon	
12.* Back waist length: from the prominent bone at the base of the neck at center back to the ribbon	
13. Shoulder length: from the base of the neck at the shoulder seam position to the prominent bone at the shoulder	
14. Shoulder to elbow: from the prominent bone at the natural shoulder line to the bony tip of the elbow	
15. Elbow to wrist: from the point of the elbow to just below the wristbone	
16. Wrist:	
17. Thigh: wherever it is widest	
18. Waist front to below knee: from the ribbon to the bottom of the kneecap	
19. Waist front to floor:	
20. Outseam: from the ribbon at the side seam to your desired pants length	
21. Inseam: from the top of your inner thigh to your desired pants length	
22.** Crotch length: from the ribbon at center back, through the legs, and up to the ribbon at center front	
23.** Body length: from the base of the neck at center back through the legs and up to the base of the neck at center front	
<p>* Back measurement only ** Measurement is taken from back to front</p>	

BASIC SIZE ADJUSTMENTS IN WIDTH					
	Standardized measurement for size	Body measurement	Difference (+ or -)	No. of vertical edges (with/without center front and center back)	Amount of adjustment per edge
Bust					
Waist					
Hip					

BASIC SIZE ADJUSTMENTS IN LENGTH			
	Body measurement	Pattern measurement	Difference (+ or -) = Minimum pattern adjustment
Back waist length			
Front waist length			
Sleeve length (shoulder seam mark at top of cap to hem)			
Skirt length (waist to hem)			
Pants outseam (waist to hem)			
Crotch seam length			

MINIMUM WEARING EASE FOR PLUS SIZES (NONSTRETCH FABRICS, IN INCHES)			
Body/garment location (body dimension + ease = garment dimension)	Bodice, blouse, dress, pants, skirt (first layer)	Jacket (second layer)	Coat (third layer)
Width			
Neck (jewel neckline)	1	1½	2
Bust	3-4	4	6
Waist (pants, skirt)	1½-6 (depending on style of waistband)	4	6
Waist (dress)	1½	—	—
Full hip	4	6	6-8
Upper arm	2	3-4	4-6
Wrist	1	—	—
Thigh	2-4	—	—
Length			
Bodice front waist length	1	1	1
Bodice back waist length	1	1	1
Pants crotch length	2-6	—	—