FILL-IN

Body *Measurement* Chart

Six measurements every pattern asks for, how to take each one, and space to record yours and re-check later.

MEASURE	HOW TO MEASURE	YOURS · IN / CM	RE-CHECK · DATE	PATTERN SIZE
Height barefoot	Stand against a flat wall without shoes. Measure from the floor to the top of your head. Easiest with a helper.			
Bust / chest key size measure	Around the fullest part of the bust or chest, straight across the back. Keep the tape level.			
High bust upper chest	Directly under the arms, above the fullest part of the bust and straight across the back. Arms down, shoulders relaxed.			
Waist natural waist	Tie a narrow elastic around your middle, bend side to side and let it settle where you naturally bend. Measure over it and leave it on.			
Hip full hip & seat	Around the fullest part of your lower body, usually 7–9" (18–23 cm) below the waist. That may be lower than you expect.			
Back waist length nape to waist	Lower your head to find the prominent bone at the base of your neck. Measure from it down to the waistline elastic.			
Extra your own	_____			
Extra your own	_____			

Before you start

1. Measure over the underwear you'll wear with the garment.
2. Tape snug, not tight, and level all round. Check in a mirror.
3. Breathe normally. Clothes have to fit as you move.
4. Check an old tape against a ruler. Tapes stretch.

Which number picks the size

Tops, dresses, jackets: bust.

Skirts & pants: waist, unless your hips are two or more sizes bigger, then hip.

Bust minus high bust over 2½" (6.3 cm)? Pick tops by high bust instead, matched to the chart's bust row.

Use the pattern's chart

Pattern sizes aren't shop sizes. Compare your numbers to the pattern's body measurement chart.

Between sizes? Write both down. You can grade between them. The finished garment measurements show the ease.

Sources, checked Nov 2026. Simplicity, "How to Measure" and size-selection table (simplicity.com/size-charts); Pattern Industry Standards fit brochure used by Butterick, McCall's, Simplicity and Vogue (via Threads magazine); Sewdirect, "How to take body measurements for sewing patterns."