



Name _____ Period _____ Date _____

PERSONAL CONTOUR ANALYSIS

Directions: Follow the instructions on pages 22-23 of The Perfect Fit from Singer. After completing your personal contour, answer the following instructions.

1. Analyzing Your Contour:

What body contour do you have? _____

Give a brief description of your body contour. _____

List eight (8) ways to select flattering patterns, and give examples of each.

- a. _____
b. _____
c. _____
d. _____
e. _____
f. _____
g. _____
h. _____

2. Analyzing Your Length Proportions:

What body proportion are you? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type? _____

What are common pattern adjustments for this? _____

3. Analyzing Your Shoulder Profile:

What type of shoulder profile do you have? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type? _____

What are common pattern adjustments for this? _____



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4. Analyzing Your Arm Contour:

What type of arm contour do you have? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type?

What are common pattern adjustments for this? _____

5. Analyzing Your Waist Contour:

What type of waist contour do you have? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type?

What are common pattern adjustments for this? _____

6. Analyzing Your Hip Contour:

What type of hip contour do you have? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type?

What are common pattern adjustments for this? _____

7. Analyzing Your Thigh Contour:

What type of thigh contour do you have? _____

What is your fitting goal? _____

What pattern styles are flattering to your figure type? _____

What pattern styles are not flattering to your figure type?

What are common pattern adjustments for this? _____