PRECISION FIT—MALE

Directions: Take the following measurements to determine your correct pattern size. Use the information under "Measuring Tips" to help you get an accurate measurement. Record each measurement in inches on the line under "To Find Body Type." Compare your measurements to the standard measurements for each body type and size. Write the best pattern size for you in the space provided.

To Find Your Body Type:

Height __________

Body Build __________

To Find Pattern Size:

Neck __________

Chest __________

Waist __________

Hips __________

Sleeve Length ________

Measuring Tips:

Measure without shoes, standing against a wall, head to floor.

Look in mirror, compare your body proportions to charts in the pattern books or on the wall.

Measure around the base of the neck and add one-half inch for comfort.

Measure around the broadest part of chest.

Tie a piece of yarn around your waist and bend over, allowing the string to place itself naturally. Measure the string at your natural waistline.

Measure around the fullest part of the hips, parallel to the floor.

Measure from your neck bone, around bent elbow to your large wrist bone.

My Figure Type Is: __________________________

My Shirt/Jacket Pattern Size Is: ______________

My Pant Pattern Size Is: ______________

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