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?
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? _____________________________

I-II-44