



*Pattern  
Alteration*

# Personal Measurement Chart



Extension Family Development  
and Resource Management Specialists

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Pattern size(s)** \_\_\_\_\_  
\_\_\_\_\_

**Pattern type** \_\_\_\_\_  
\_\_\_\_\_

**Height** \_\_\_\_\_



See Extension publication E-372, *Principles of Pattern Alteration*, for instruction on how to use this chart.

Also, see Extension publication MP-1222, *Pattern Selection*, for additional information on determining pattern size and type.

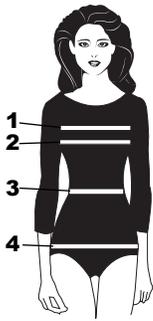


Figure 1



Figure 2



Figure 3



Figure 4

$$\begin{array}{r}
 \text{I.} \\
 \text{Your} \\
 \text{measurements} \\
 + \\
 \text{II.} \\
 \text{Ease*} \\
 \text{needed} \\
 = \\
 \text{III.} \\
 \text{Total} \\
 \text{needed} \\
 - \\
 \text{IV.} \\
 \text{Pattern} \\
 \text{measurement} \\
 = \\
 \text{V.} \\
 \text{Alteration} \\
 \text{needed} \\
 (= \text{ or } -)
 \end{array}$$

Measurements needed for pattern selection and alterations:	(Used for pattern selection only)				
1. <i>High bust</i> — Under the arms, straight across back and above fullest part of bust					
2. <i>Bust</i> — Over fullest part and straight across back (snug, not tight)		3 – 4 ½ inches (7.6 – 11.5 cm) *1 ½ – 2 inches (3.8 – 5.1 cm)			
3. <i>Waist</i> — Comfortably around smallest part of waist		½ – 1 inch (1.3 – 2.5 cm) *¼ – ½ inch (0.7 – 1.3 cm)			
4. <i>Hips</i> — Around fullest part of hips. Record number of inches (cm) from waist to fullest part of hips		2 inches (5.1 cm) *1 inch (2.5 cm)			
5. <i>Back waist length</i> — From prominent bone at back neck to natural waistline		¼ – ½ inch (0.7 – 1.3 cm) ¼ inch (0.7 cm)			

Measurements needed for pattern alterations:					
Bodice					
6. <i>Shoulder to bust</i> — From neck base at the shoulder to tip of bust		0 inches			
7. <i>Shoulder to waist</i> — From neck base at the shoulder over bust point to waist		¼ – ½ inch (0.7 – 1.3 cm) ¼ inch (0.7 cm)			
8. <i>Shoulder length</i> — From base of neck to tip of shoulder bone		0 inches			

\*Ease needed for stretchy knits

	<i>I.</i> <b>Your measurements</b>	<i>II.</i> <b>Ease* needed</b>	<i>III.</i> <b>Total needed</b>	<i>IV.</i> <b>Pattern measurement</b>	<i>V.</i> <b>Alteration needed</b>
	+		=	-	=
					(= or -)
9. <i>Back shoulder width</i> — Armhole to armhole 4" (10.1 cm) below base of neck to back		1 inch (2.5 cm) *½ inch (1.3 cm)			
<b>Sleeve</b>		2 – 3 inches (5.1 – 7.6 cm)			
10. <i>Sleeve width</i> — Around fullest part of upper arm with elbow bent		*1 – 1 ½ inches (2.5 – 3.8 cm)			
11. <i>Sleeve length</i> — With arm bent					
a. Shoulder to elbow		0 inches			
b. Shoulder over elbow to waist bone					
<b>Skirt</b>		½ – 1 inch (1.3 – 2.5 cm)			
12. <i>High hip</i> — Approximately 3" (7.6 cm) below waist		*½ inch (1.3 cm)			
13. <i>Skirt length</i> — Waist to hem allowance at center back		0 inches			
<b>Pants</b>		½ inch (1.3 cm)			
14. <i>Crotch depth</i> — Waist at side to seat of flat chair, when seated		*¼ inch (0.7 cm)			
15. <i>Crotch length or circumference</i> — Waist at center front to waist at center back, between legs		1 ½ inches (3.8 cm) *¾ inch (2 cm)			
16. <i>Thigh</i> — Around largest part of thigh. Record number of inches (cm) below waist		2 inches (5.1 cm) *1 inch (2.5 cm)			
17. <i>Side length</i> — Waist to desired length		0 inches			

\*Ease needed for stretchy knits

The Pattern Alteration series includes the following leaflets:

E-372, *Principles of Pattern Alteration*  
 E-373, *Personal Measurement Chart*  
 E-374, *Back Hip Fullness*  
 E-375, *Bodice Back Width*  
 E-376, *Hollow Chest*  
 E-377, *Increasing Bodice Front Fullness*  
 E-378, *Lengthening and Shortening*

E-379, *Round Back and Dowager's Hump*  
 E-380, *Shoulder Length*  
 E-381, *Shoulder Slope*  
 E-382, *Sway Back*  
 E-383, *Upper Arm Sleeve Width*  
 E-384, *Waistline*

*Becky Culp wrote the original manuscript for this publication.*

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Revised