

BODY MEASUREMENTS RECORD

Common measurements used in knitting and crochet patterns

Upper Body (Garments)

Full bust/chest circumference _____ High bust _____

Waist circumference _____ Hip circumference _____

Upper arm/bicep circumference _____ Wrist circumference _____

Neck circumference _____

Shoulder width _____ Cross back width _____

Yoke depth _____ Armhole depth _____

Underarm to hem length _____ Shoulder to hem length _____

Sleeve length from underarm _____

Sleeve length from shoulder _____

Preferences/additional notes: _____

Hands (Mittens)

Hand circumference _____ Hand length _____

Palm length _____ Thumb length _____

Thumb gusset depth _____ Mitten/glove length _____

Preferences/additional notes: _____

Feet (Socks)

Foot circumference at ball of foot _____ Foot length _____

Ankle circumference _____ Leg circumference _____

Arch depth _____ Heel length _____

Preferences/additional notes: _____

Head (Hats)

Head circumference _____

Head length from hairline to top back _____

Preferences/additional notes: _____