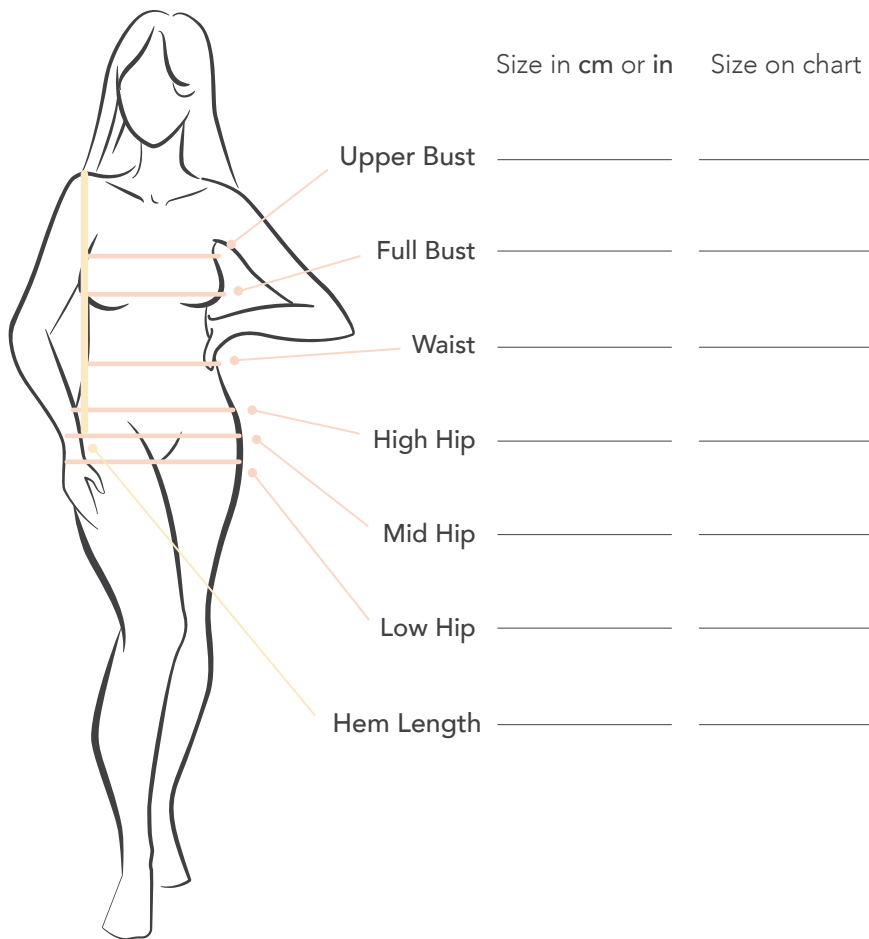


# YOUR MEASUREMENT CHART

Use the chart below to take and record your measurements and select your size.



## LINDSEY RAE'S TIPS FOR GETTING ACCURATE MEASUREMENTS

- Wear a well fitting bra or a bra you plan on wearing under the garment you are making. There can be a large size difference between wearing a sports bra, regular bra, bralette, push up bra or no bra at all.
- Relax and don't suck in! We want you to choose the right size that is comfortable and easy to wear.
- Do not add or slack when measuring. Make sure the tape measure is taut.

## BODY MEASUREMENTS

		8	10	12	14	16	18	20	22
Bust	in	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48
	cm	84-87	89-91	94-96	99-101	104-106	109-112	113-117	119-122
Waist	in	28-29	30-31	32-33	34-35	36-38	39-40	41-42	43-44
	cm	71-74	76-79	81-84	86-89	91-96	99-102	104-107	109-112
Hips	in	35-36	37-38	39-40	41-42	43-44	45-46	47-78	49-50
	cm	89-91	94-96	99-101	104-106	109-111	114-117	119-122	124-127

### WATCH & LEARN



[www.sewtogrow.com/measuring](http://www.sewtogrow.com/measuring)

In this tutorial, I will show you how and where to measure to get the best results. I also demonstrate a fun little tool that will make measuring yourself so much easier.

*Lindsey*