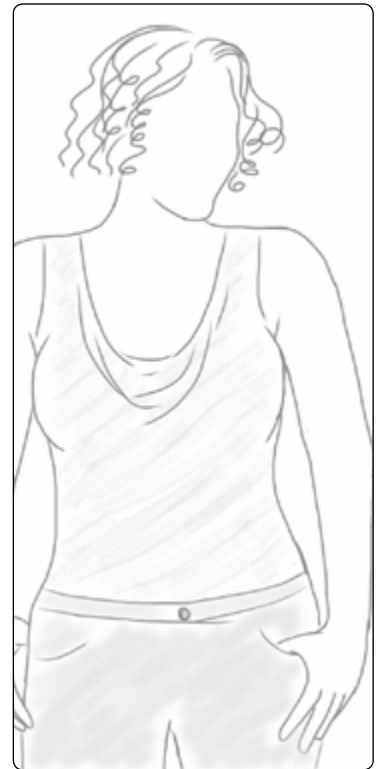


Body Measurements



This quick guide gives you instructions and visuals for taking the measurements CustomFit needs to produce a sweater that's perfect for you. It seems like a long list... ..and it is. The good news is, they're not hard to take. And you only have to do it once!

Accurate body measurements are the single most important factor in whether you love your sweater. If you don't give the software good body measurements, the sweater won't fit. Some of the measurements CustomFit needs are possible to take on your own; some are harder. It's a good idea to have a friend handy.

Guidelines for good measurement-taking:

1. All measurements should be made snugly enough that the measuring tape is not sliding around.
2. The upper torso circumference should be nice and snug (make sure you can breathe, though!).
3. If you **MUST** take your own measurements, please do so in front of a fairly large mirror so that you can see whether the measuring tape is uneven or your body position is changing the numbers.

Please put in your body measurements accurately! Don't try to add in ease or second-guess the software in any way. The software will produce appropriate garment measurements based on your body and the fit you select. You can always change garment measurements if you don't like our initial proposal... ..but inaccurate body measurements will result in bad garment measurements forever.

Getting accurate body measurements is easier if you take them in groups. This guide walks you through taking all of the body measurements that CustomFit needs. At the end of the guide, we've included a handy worksheet on which you can write your numbers (or someone else's, if you're so inclined).

Before beginning:

- First, locate your natural waist (if you're having trouble, bend to the side and feel for the bend in your waist).
- Tie a string around your natural waist.
- Choose your preferred "average" armhole depth (that part where the sweater body and sleeve meet). Mark it with a pin.
- Tie another string around your arm directly opposite the safety pin.

These pins and strings will ensure consistent measurements... and a **great-fitting sweater**.



Body Circumferences (above the hip)

CustomFit needs to know a few things about your torso so that it can make sweaters in the perfect size for all of you.

(Don't worry! CustomFit automatically adjusts ease for these body measurements, depending on your body's own particulars and the fit you select when you generate a sweater pattern.)

Upper Torso circumference:

Place the measuring tape all the way up in your armpits, **as high as it will go**. Some bust tissue is included, but not very much (especially important for busty figures). Pull snugly, breathe, and measure with arms down at your sides.

(Note: Small-busted, broad-shouldered women are likely to have an upper torso that is larger than their bust. Large-busted, narrow-shouldered women may have 5"/12.5 cm or more of difference.)

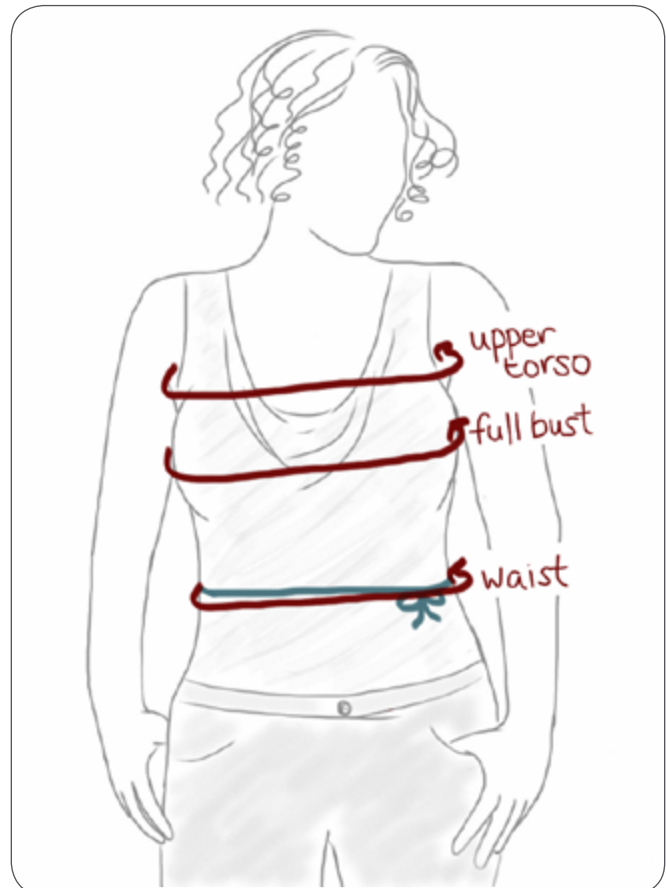
Bust circumference:

Your full bust circumference, in inches. Measure at the fullest part of your bust.

Waist circumference:

Your full waist circumference, in inches. Please choose wherever **your** natural waist is, rather than an arbitrary location like "halfway between hips and bust".

(If you don't know where your natural waist is, try feeling for the bend on your back, or bend sideways. That bend is your natural waist.)



Hip Circumferences & Lengths

CustomFit offers you four different sweater lengths. To facilitate those lengths, we'll need four hip circumferences, and four length measurements. The hip circumferences are just that: Simple circumferences, at four different parts of your body: Where you'd prefer the hems of your "slightly short", "average", "slightly long", and "tunic" sweaters to fall.

I recommend you take these all at once, to ensure that the circumferences and the lengths correspond.

"Hip" circumferences:

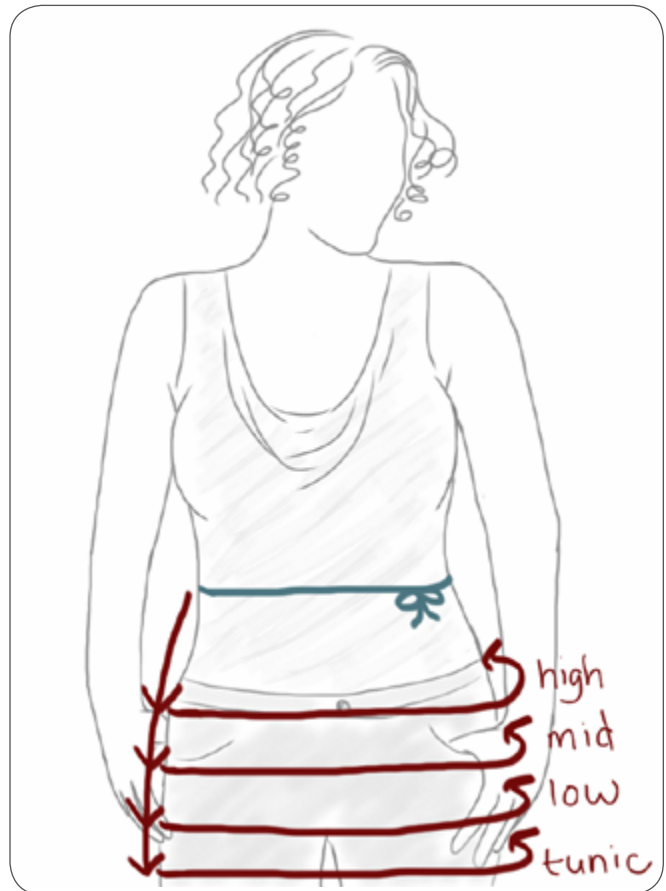
Now, take circumferences *around your body* at the same places you measured for lengths:

- "High hip" circumference
- "Mid hip" circumference
- "Low hip" circumference
- "Tunic" circumference

Waist (down) to hip lengths:

Measure the vertical distances, *down the side of your body*, from your natural waist to your preferred:

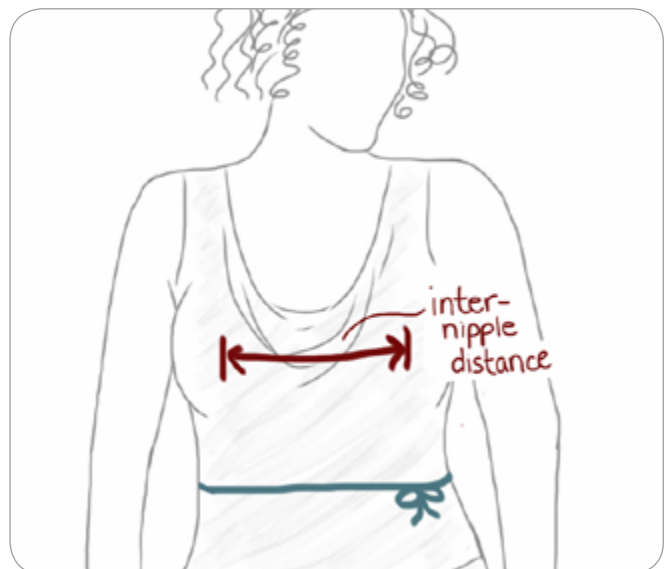
- "High hip" sweater length
- "Mid hip" or "average" sweater length
- "Low hip" sweater length
- "Tunic" sweater length



Inter-nipple distance:

The length, in inches, between your nipples, straight across. This might be easiest to take with a ruler.

(We'll use this when we provide you with instructions on working horizontal bust darts.)



Sweater Lengths: Above the waist

CustomFit needs to know what your body length is, both from your waist up to your armhole and from your waist up to your shoulder. You should have already placed a safety pin where your preferred “average” armhole depth is; you’ll use it here.

(Don’t worry! When you select a fit other than “average” in your sweater creation process, the armhole depth will automatically adjust from this value.)

Waist (up) to armhole length:

Vertical distance, up the *side of your body*, from your natural waist to your armhole shaping marker.

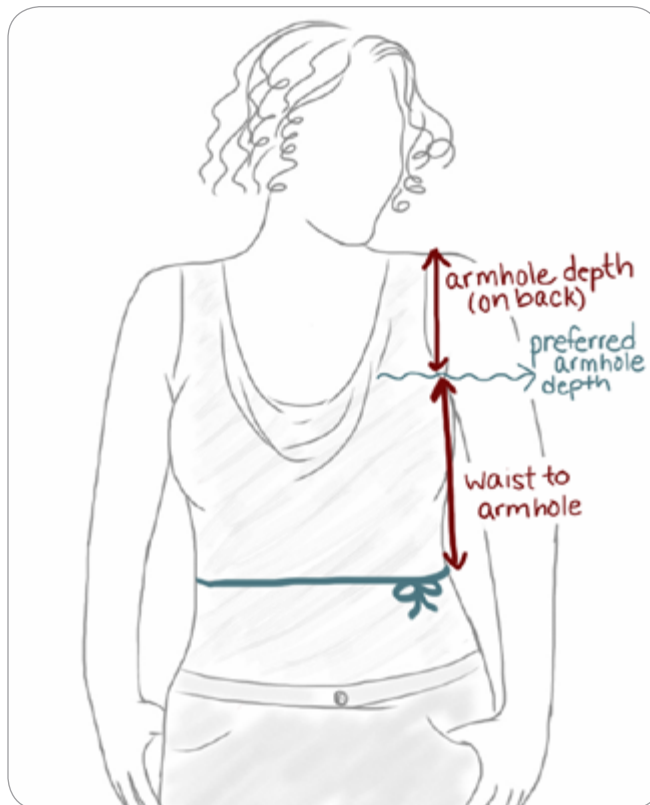
Armhole depth (average fit):

Vertical distance, *up your back*, near your arm, from your armhole shaping marker to the top of your shoulder.

Note!! *It’s a really really really REALLY good idea to sanity check your armhole depth before continuing. Please do so.*

Typical armhole depths are between 6”/15 cm and 11”/28 cm, with larger upper torsos typically requiring a longer armhole.

If you’re unsure, PLEASE check against (or, simply measure) a hand-knit sweater that fits you well in the armhole.



Sleeves: Lengths and Circumferences

There are just a few more measurements that CustomFit needs in order to make your next favorite sweaters: Sleeve lengths, and sleeve circumferences.

The circumferences are simple: Just take your arm measurements wherever you prefer the cuffs of CustomFit’s four sleeve options to fall.

Your sleeve lengths are a little trickier, as they **should not include** the length of your sleeve cap. You’ve already tied a string around your arm where you prefer your “average” armhole shaping to fall; you’ll measure from this string **down your arm** to your desired sleeve length.

(Your short sleeve length measurement, in particular, may be zero or close to it! If this is the case, please enter a value of .25” when you input your body measurements. Then, when knitting short-sleeve sweaters, simply work two rows to ensure easy seaming.)

Sleeve circumferences:

Bicep:

Circumference of your arm at the fullest part of your bicep.

If flexing makes a difference, go ahead!

Elbow:

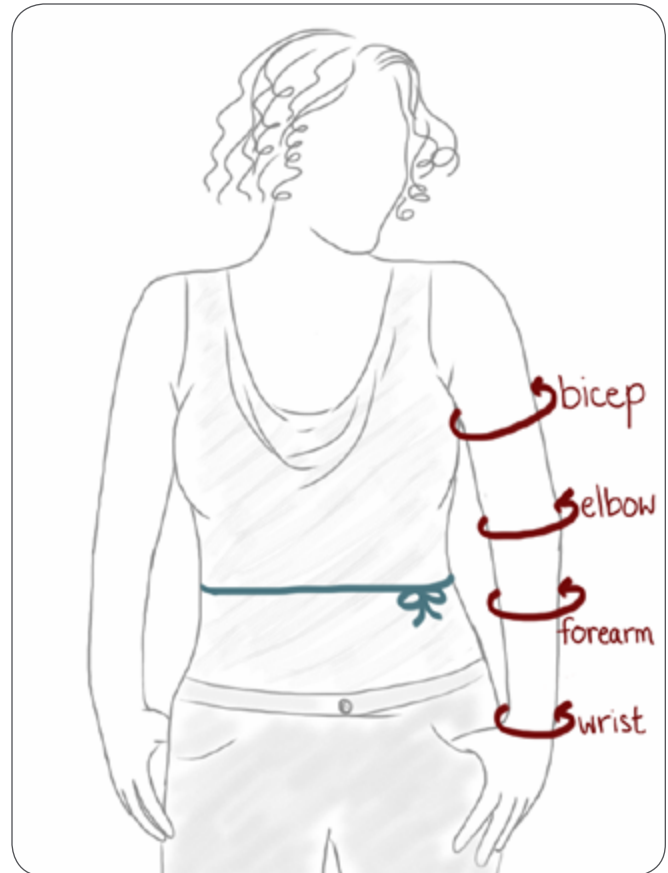
Circumference of your arm just above the break in your elbow.

Forearm:

The circumference of the part of your forearm at its thickest, or wherever you like $\frac{3}{4}$ -length sleeves to end.

Wrist:

The circumference of your actual wrist, in inches.



Sleeve lengths (without cap):

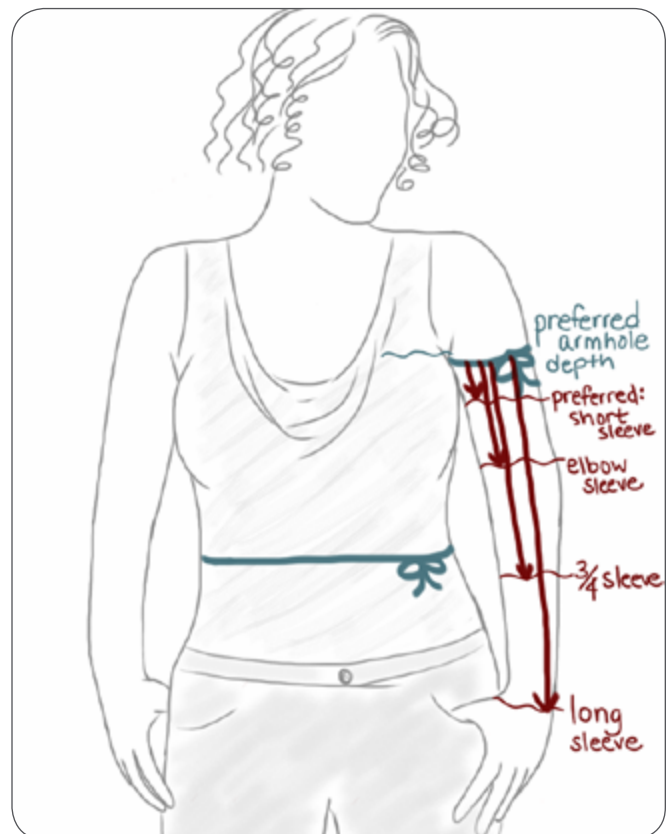
The next four measurements are lengths of your sleeve from where the cap shaping will begin, **down your arm**, to the sleeve cast-on.

Short sleeve: Down from string to your preferred short sleeve length. If your string is already at a good place for short sleeves, please enter .25".

Elbow sleeve: Down from string to just above the break in your elbow.

$\frac{3}{4}$ sleeve: Down from string to your preferred $\frac{3}{4}$ -sleeve length, typically in the middle of your forearm.

Long sleeve: Down from string to your preferred long sleeve length.



CustomFit Body Measurements

Want a handy place to write down the body measurements CustomFit will need? Look no further!

Upper Torso circumference: _____ inches / cm

Full bust circumference: _____ inches / cm

Waist circumference: _____ inches / cm

“High hip” circumference: _____ inches / cm

“Mid hip” circumference: _____ inches / cm

“Low hip” circumference: _____ inches / cm

“Tunic” hip circumference: _____ inches / cm

Waist (down) to “High hip”: _____ inches / cm

Waist (down) to “Mid hip”: _____ inches / cm

Waist (down) to “Low hip”: _____ inches / cm

Waist (down) to “Tunic”: _____ inches / cm

Inter-nipple distance: _____ inches / cm

Waist (up) to preferred armhole: _____ inches / cm

Armhole depth (average): _____ inches / cm

Bicep circumference: _____ inches / cm

Elbow circumference: _____ inches / cm

Forearm circumference: _____ inches / cm

Wrist circumference: _____ inches / cm

Short sleeve (without cap): _____ inches / cm

Elbow sleeve (without cap): _____ inches / cm

3/4 sleeve (without cap): _____ inches / cm

Long sleeve (without cap): _____ inches / cm