

MAKE A BODY GRAPH AND COMPARE YOURSELF TO STANDARDIZED PROPORTIONS

Although no one is perfect, you have to start somewhere to have a point of comparison.

“AVERAGE” PROPORTIONS

Width from neck base dot out to shoulder dot is 4¾" for a size 10, up to 5¼" for size 20. See note below.

Shoulders slope 1⁵/₈" from neck base if you are a size 10, up to 2" for a size 20. See page 195.

*Underarm is halfway between
top of head and hip.*

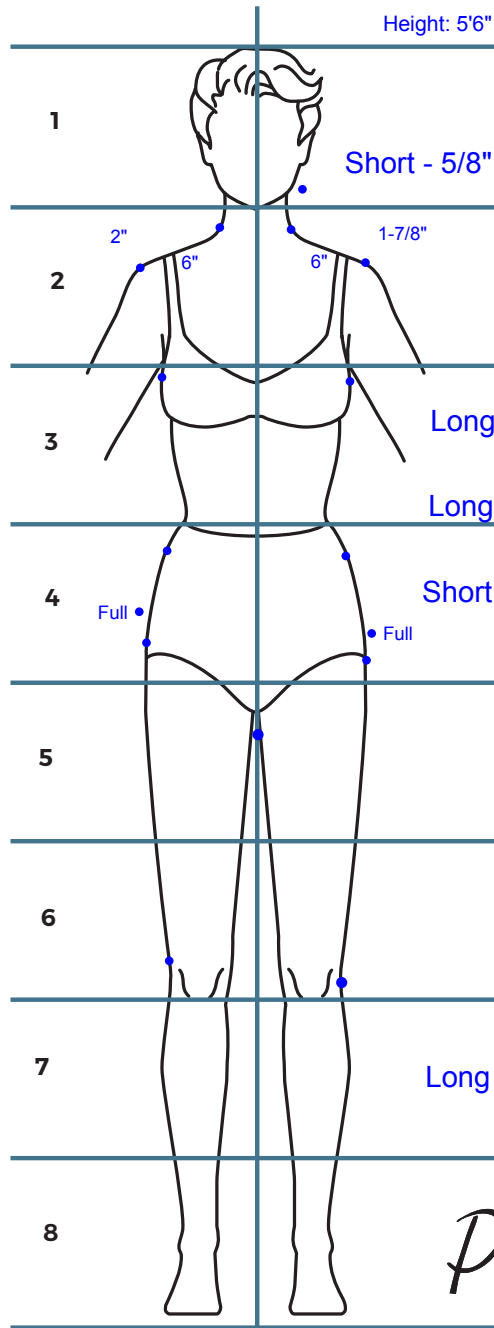
*Waist is halfway between
underarm and hip.*

*Hip where leg is joined divides
body in half.*

NO! *Hips are 1" narrower than shoulders for garments to fall freely over hips.*

*Knee is halfway between
hip and feet.*

NOTE: Measurements are based on pattern company basic patterns.



POSSIBLE VARIATIONS

If your shoulders slope 1/2" more or less than the ideal, you are sloping or square.

NOTE: If your shoulders are uneven, the one that slopes more will measure longer. This doesn't necessarily mean it is broader.

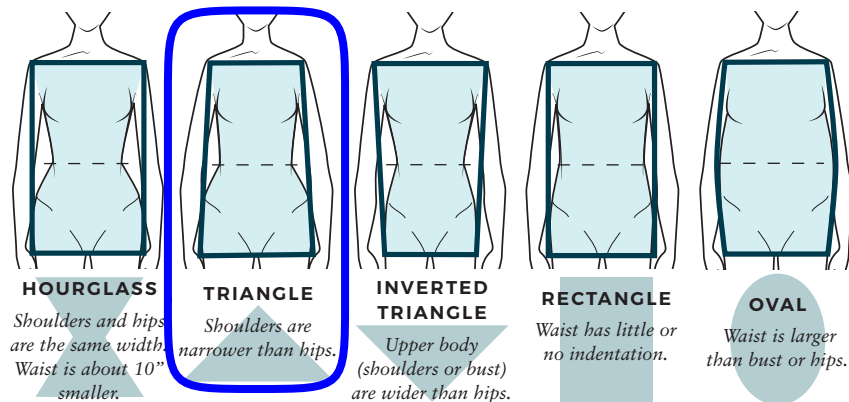
If your waist is more than 1" above or below the ideal, you are short- or long-waisted for your height.

If your leg length is more than 1" longer or shorter than half your body length, you are long or short-legged.

Palmer/Pletsch
TEACHING SEWING SINCE 1973

NOW EXAMINE
THE BOX AROUND
YOUR TORSO.

For Body Graph instructions,
see *The Palmer/Pletsch Complete
Guide to Fitting*, Chapter 7



BODY GRAPH WORKSHEET

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DATE 09/15/2022

BODY SIZE

Height ☐ Short (under 5'3") ☒ Average (5'3" 5'6") ☐ Tall (over 5'6")
Weight ☐ Slender ☐ Average ☒ Heavy

BODY SHAPE (SILHOUETTE – USE BODY GRAPH)

Measure shoulder width (16-3/4), waist (16-3/8) and fullest hip (18-7/8). Circle your predominant silhouette below.



HOURLASS



INVERTED TRIANGLE



TRIANGLE



RECTANGLE



OVAL

NOTE: A rectangular or other shaped woman with a slightly defined waistline may also select the hourglass figure.

BODY PROPORTIONS (USE BODY GRAPH AND COMPARE TO "PERFECT PROPORTIONS" ON PAGE 65.)

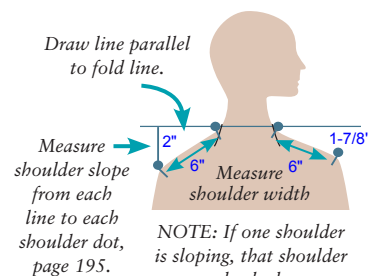
Head Length: Average head fits between first two lines. ☒ Short ☐ Average ☐ Long
5/8" short, could be problems manipulating head with neck stiffness

Shoulders: For amount of slope, measure from shoulder dot straight up to line drawn out from neck base. For width of shoulders, measure on shoulders from neck base dot out to shoulder dot.

☒ Even height ☐ Uneven ☐ Left lower by _____ ☐ Right lower by 1/8"
1/8" measuring or dot placement anomaly

LEFT SHOULDER: ☐ Sloping ☒ Average ☐ Square
☐ Narrow ☐ Average ☒ Broad
RIGHT SHOULDER: ☐ Sloping ☒ Average ☐ Square
☐ Narrow ☐ Average ☒ Broad

Note: Shoulder width (neck base to shoulder) is 4 3/4" in pattern size 10, up to 5 1/4" in size 20. Shoulder slope is 1 5/8" in size 10, 2" in size 20.

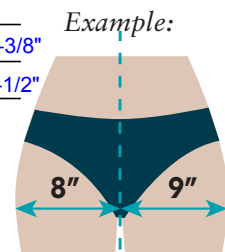


NOTE: If one shoulder is sloping, that shoulder may also be longer.

Waist ☐ Small ☐ Average ☒ Thick
☐ Short ☐ Average ☒ Long
☐ Even height ☒ Uneven ☐ Left lower by 1/2" ☐ Right lower by _____

Widest Hips ☐ Small ☐ Average ☒ Full ☐ Left lower by 1"
☐ Even ☒ Uneven ☐ Right lower by _____
☐ Left fuller ☒ Right fuller ☐ Center line to left full hip is 9-3/8"
Measuring anomaly - 1/8" ☐ Center line to right full hip is 9-1/2"

Legs ☐ Short ☐ Average ☒ Long
UPPER LEGS: ☐ Short ☒ Average ☐ Long
LOWER LEGS: ☐ Short ☐ Average ☒ Long



PROFILE (STUDY YOUR SIDEWAYS PROFILE IN THE MIRROR.)

Bust: ☐ Small ☒ Average ☐ Full ☐ Low ☒ Average ☐ High
Tummy: ☐ Flat ☐ Average ☒ Full
Derriere: ☐ Flat ☐ Average ☒ Full

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