



# BootstapFashion DIY Women's Dress Form Measurements Sheet

Please note on the order form for the custom fit dress form patterns, there are TWO tabs of measurements - Customize and Fit Adjustments. All Customize measurements are mandatory, the Fit Adjustments are OPTIONAL.

Please be sure to enter all measurements if you so choose.

CUSTOMIZE		FIT ADJUSTMENTS	
▶ Saved Measurements			
UNITS * <b>0</b> HEIGHT * ?			
<input type="radio"/> CM <input type="radio"/> IN		<input type="text" value="-- Please Select --"/>	
<b>1</b> BUST * (17"-67") ?	<b>2</b> UNDERBUST * (17"-66") ?		
<input type="text"/> IN	<input type="text"/> IN		
<b>3</b> WAIST * (16"-67") ?	<b>4</b> LOW HIP * (18"-68") ?		
<input type="text"/> IN	<input type="text"/> IN		
<b>5</b> BELLY PROTUBERANCE * ?	<b>6</b> BUTTOCKS SHAPE * ?		
<input type="text" value="-- Please Select --"/>	<input type="text" value="-- Please Select --"/>		
<b>7</b> POSTURE * ?	<b>8</b> SHOULDER SLOPE * ?		
<input type="text" value="-- Please Select --"/>	<input type="text" value="-- Please Select --"/>		
SEAM ALLOWANCE * ?	PATTERN OUTPUT *		
<input type="radio"/> NO <input type="radio"/> YES	<input type="button" value="PRINT"/> <input type="button" value="CAD"/>		
*PRINT PAPER SIZE			
<input type="button" value="LETTER"/>		<input type="button" value="LEGAL"/>	
<input type="button" value="TABLOID"/>		<input type="button" value="A0"/>	
<input type="button" value="A1"/>	<input type="button" value="A2"/>	<input type="button" value="A3"/>	
<input type="button" value="A4"/>	<input pdf"="" type="button" value="36"/>		
<input pdf"="" type="button" value="47"/>	<input pdf"="" type="button" value="72"/>		
<input type="text" value="ENTER PLOTTER WIDTH"/>			

CUSTOMIZE		FIT ADJUSTMENTS	
ALL FIT ADJUSTMENTS ARE OPTIONAL.			
<b>9</b> NECK CIRCUMFERENCE ?	<b>10</b> BUST HEIGHT FROM CENTER BACK NECK POINT ?		
<input type="text"/> IN	<input type="text"/> IN		
<b>11</b> FRONT LENGTH FROM CENTER BACK NECK POINT ?	<b>12</b> BACK LENGTH ?		
<input type="text"/> IN	<input type="text"/> IN		
<b>14</b> APEX TO APEX WIDTH ?	<b>13</b> BACK WIDTH ?		
<input type="text"/>	<input type="text"/> IN		

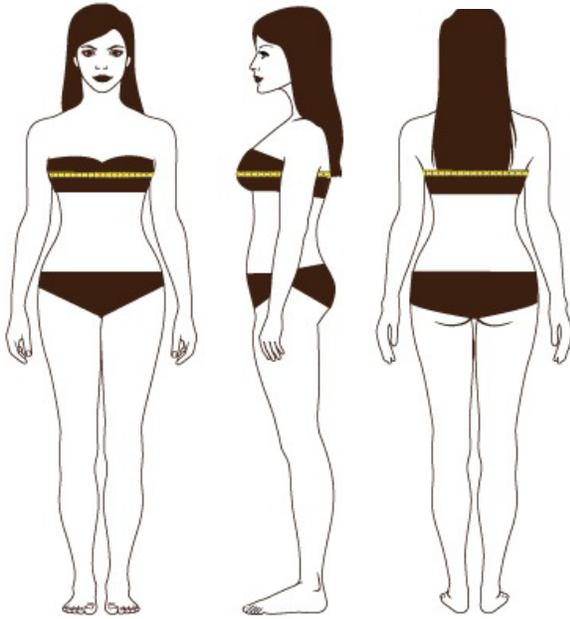
When you place your order, please click PRINT and choose the correct paper format option that you want. In the US and Canada, you want Letter format if you are printing at home. In Europe and other places, you want probably A4 to print at home.

To print on a large format, call your local print shop and confirm the largest size they can print (most common is 36"PDF or A0).

To have your pattern reprocessed in a different paper format, send us an email to help@bootstrapfashion.com; we charge \$2 for pattern reprocessing.



0	Height	
1	Bust	
2	Underbust	
3	Waist	
4	Low Hip	
5	Belly Protuberance (A, B, C, D, E or F)	
6	Buttocks Shape (Very Flat, Flat, Average, Curvy, Very Curvy)	
7	Posture (Hollow Back, Military Posture, Round Shoulders, Saddle back, Straight back)	
8	Shoulder Slope (Normal, Slightly Sloping, Square, Very Sloping)	
9	Neck Circumference	
10	Bust height from center back neck point	
11	Front length from center back neck point	
12	Back length	
13	Back width	
14	Apex to apex width	

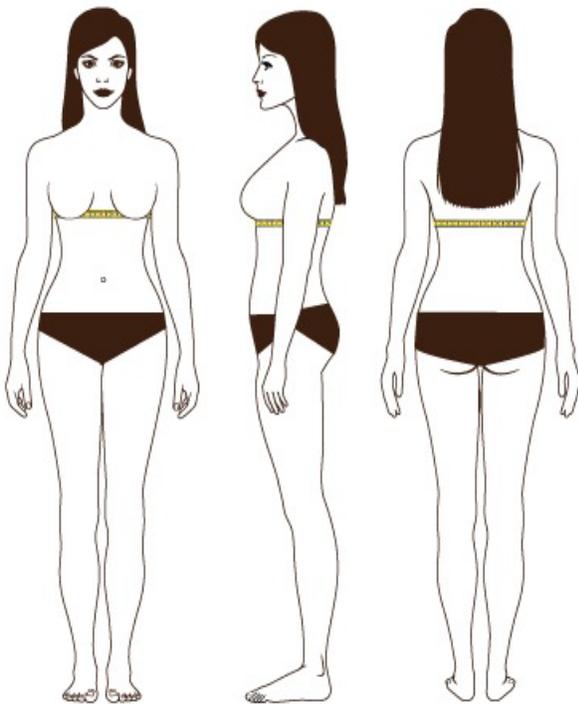


1. HOW TO MEASURE YOUR BUST

1. This is not your bra size.  
Please wear a non-padded bra when  
you measure.

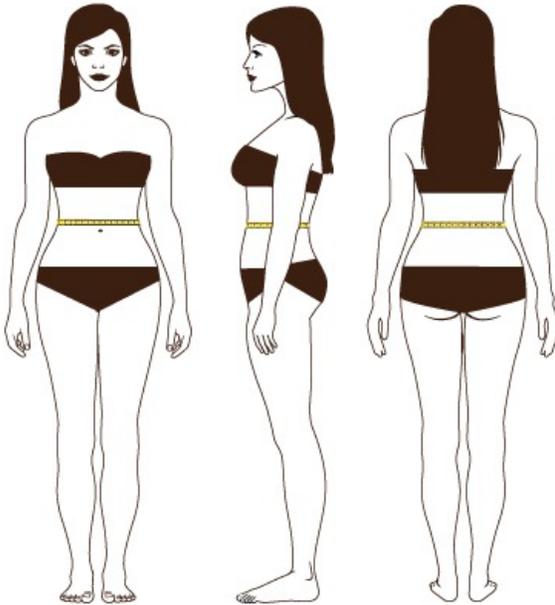
2. Relax arms at sides

3. Pull tape across the widest part  
of the bust and measure directly  
over your bust, keeping your  
measurement tape parallel to the  
ground.



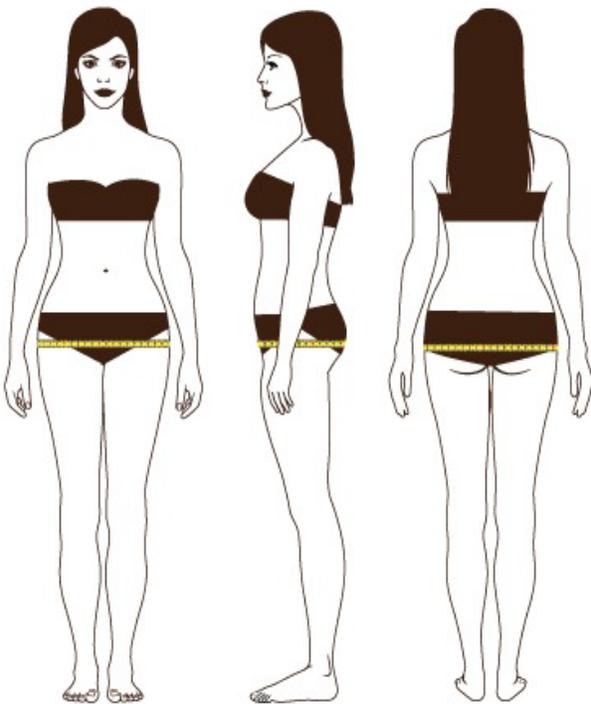
2. HOW TO MEASURE UNDERBUST

Measure directly under your bust,  
keeping your measurement tape  
parallel to the ground.



### 3. HOW TO MEASURE YOUR WAIST

1. Find your natural waist by bending over to the side and making a note of where your body creases.
2. Tie a string around this location.
3. Do not suck in your stomach. This is your natural waist, which is usually located 1" above belly button.
4. Keep tape slightly loose to allow space for breathing.

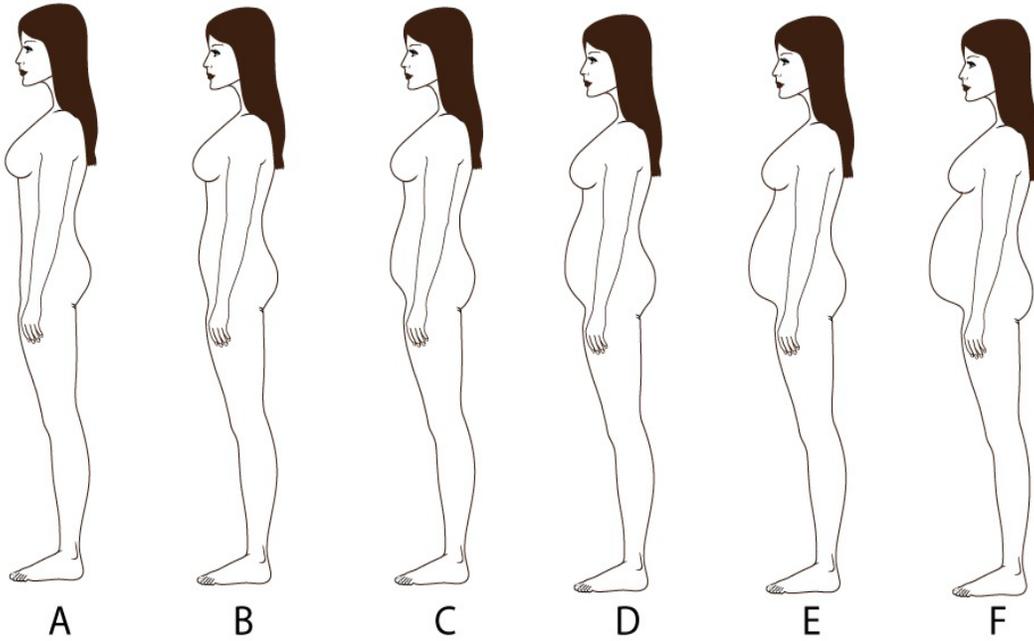


### 4. HOW TO MEASURE YOUR LOWER HIPS

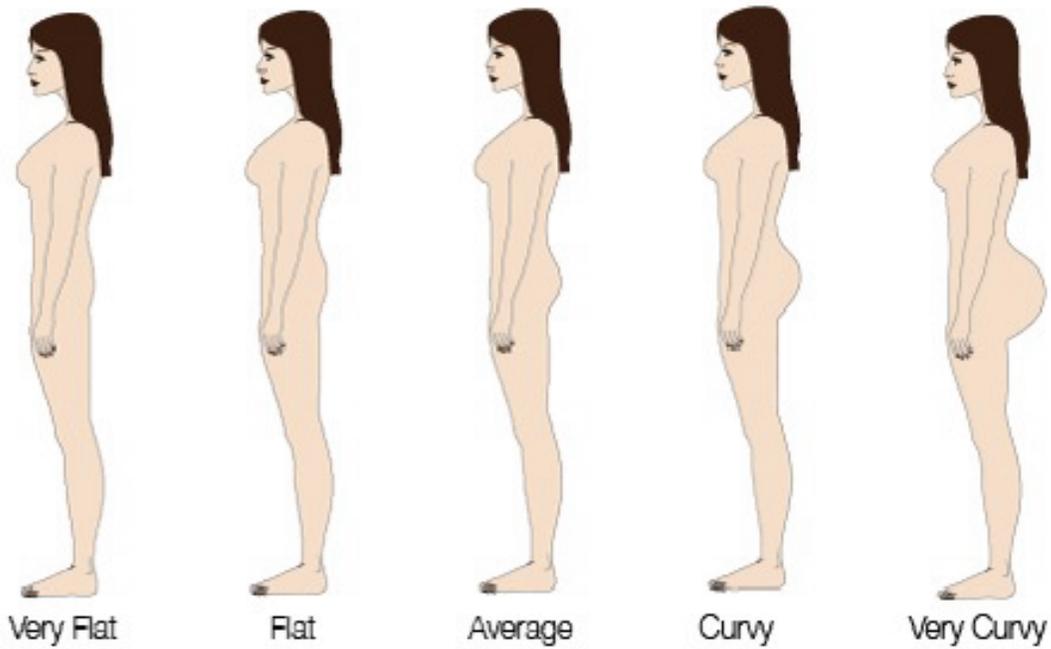
1. Place the measurement tape over the fullest part of your hips and buttocks.
2. Measure all around the hips and buttocks with your feet together.



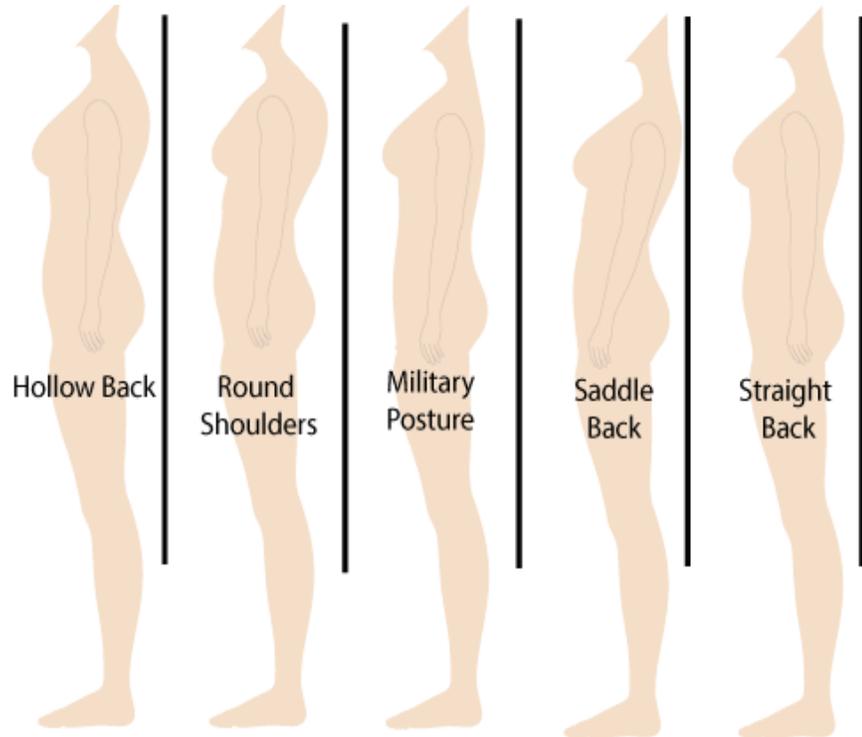
## 5. Belly Protuberance



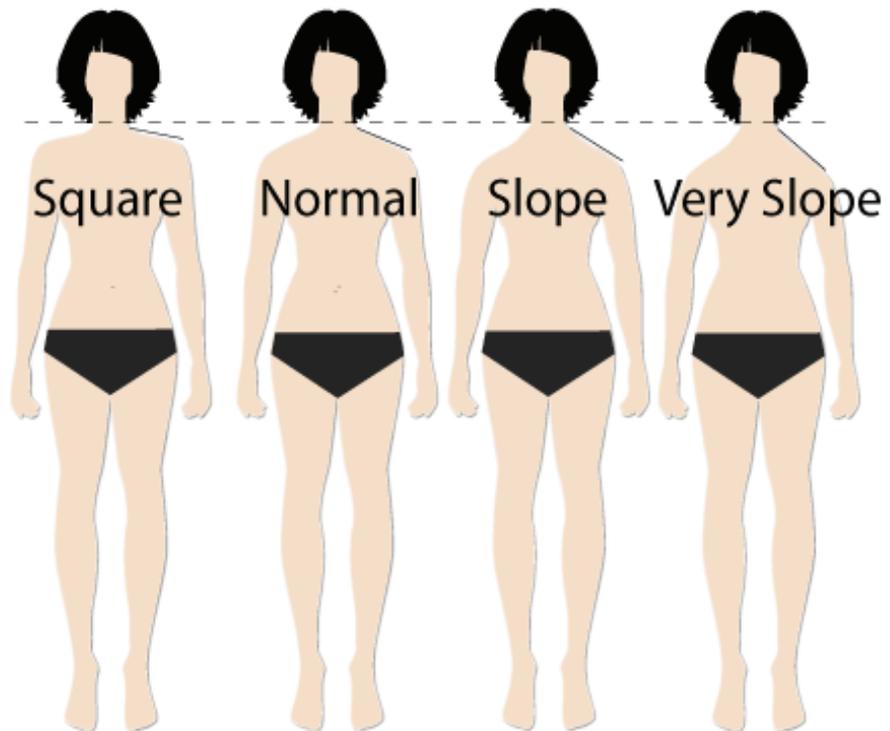
## 6. Buttocks Shape



7. Posture

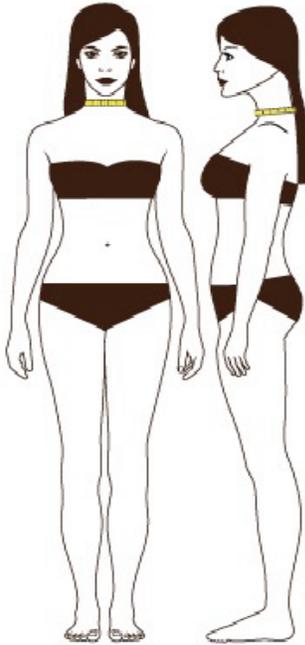


8. Shoulder Slope

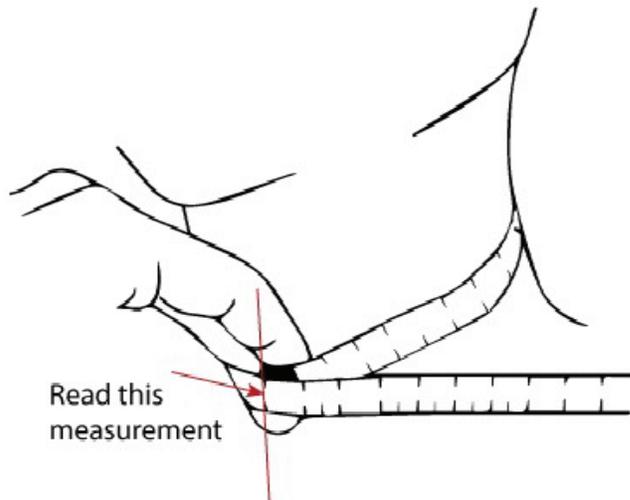


9. NECK CIRCUMFERENCE

HOW TO MEASURE NECK CIRCUMFERENCE

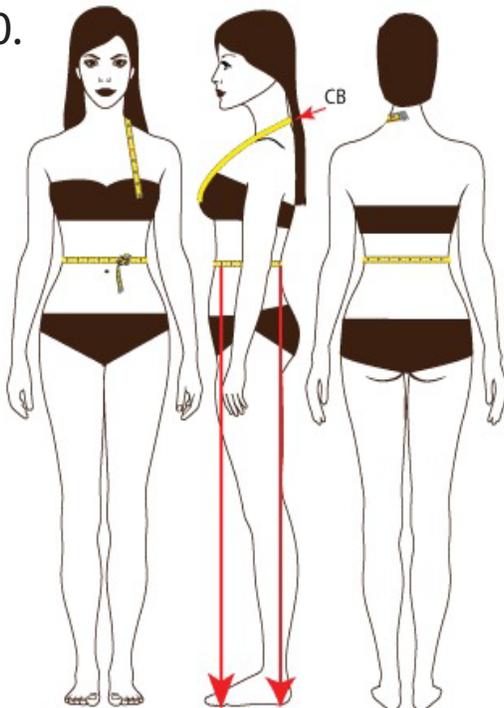


Measure the fullest part of your neck. Your measurement is where the tape measure overlaps.



10.

HOW TO MEASURE BUST LENGTH FROM CENTER BACK NECK POINT

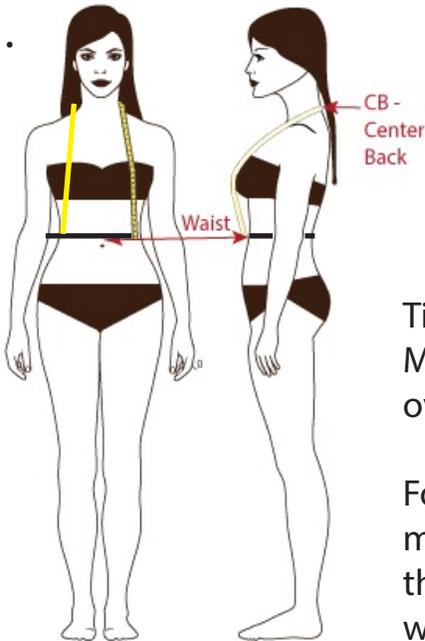


CB (center back) is located at Cervical Vertebra C7. C7 is the most protruding vertebrae on your neck.

Measure distance from CB over one side through the base of neck (also called High Point Shoulder (HPS)) to the bust apex.

For best accuracy, you can take the double measurement and divide by two by putting the measurement tape so it goes from the left apex, up and behind the neck, and down the other side back to the right apex.

11.



## HOW TO MEASURE FRONT LENGTH FROM CENTER BACK NECK POINT

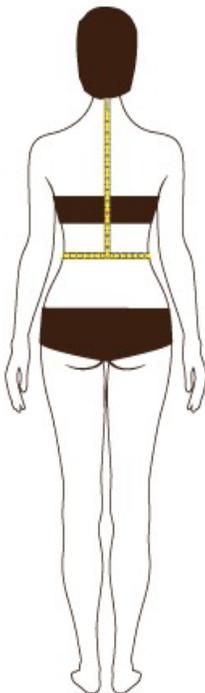
1. Measure distance from CB over one-side High Point Shoulder (the top of your shoulder) to the natural waist (usually 1" above belly button) on the same side.

Tie a string or another measuring tape around the waist. Measure from center back neck point, down the check, over the breast, and to the waist, where the string is tied.

For best accuracy, you can take the double measurement and divide by two by putting the measurement tape so it goes from the waist, up and behind the neck, and down the other side back to the waist.



12.

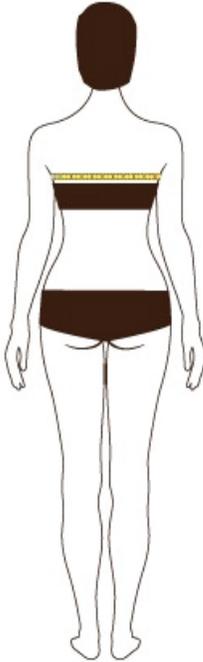


## HOW TO MEASURE CENTER BACK LENGTH

Center Back point is located at Cervical Vertebra (C7)

1. Measure distance from CB point straight down to the waist line on your back.

13.



### HOW TO MEASURE BACK WIDTH

1. Measure distance on the back from armpit to armpit above shoulder blades.

Frequently asked question-  
Does the measurement go into the armpit?  
No. The measurement is from crease to crease,  
when arms are at your side.

14.



### Apex to Apex

1. Measure distance between bust points (apexes).