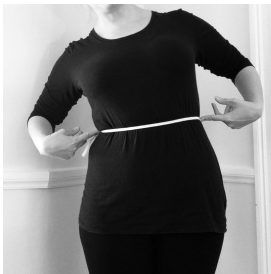


# MyBodyModel Measurement Guide

This document includes all the instructions to create your own custom body model. You can print these full instructions, or just print the **Quick-Start Guide** on Page 9.

## Before you begin, here's what you need:

- Wear your typical undergarments and bare feet. If you prefer to be clothed, choose a form-fitting tee and leggings.
- Flexible measuring tape
- 1 piece of thin elastic, long enough to be tied securely around your waist; if you don't have elastic, try ribbon or yarn.
- 2 safety pins if you are wearing leggings; washable marker or eyeliner if your legs are bare (to mark your low hips)
- If possible, recruit a helper to assist with your measurements.
- Please note: When you create your body model, you can choose your line color. Line darkness can vary by printer. [Click here](#) for a printable test swatch, so you can choose the best line darkness for your printer.



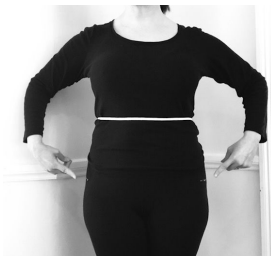
### Step 1

Bend your waist to either side and tie a piece of elastic at your natural crease. Leave it in place because this will help when taking several of the measurements.



### Step 2

To locate your low hip, lift one knee and then the other. The point where you bend is your low hip. Note: "Low hip" is different from "full hip." Your low hip may or may not be the fullest part of your hips.



### Step 3

Using your washable marker or safety pin, mark the low hip point on each side of your body, making sure that the marks are as symmetrical as possible.


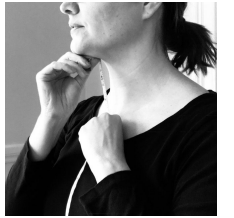
## Step 4: Customize Your Body Model

We recommend writing your numbers on paper before entering them online. You can print these full instructions, or just print the **Quick-Start Guide** on Page 9. Required measurements are marked with an asterisk (\*).




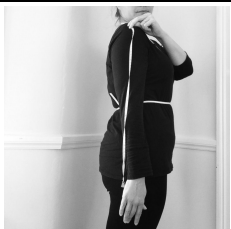
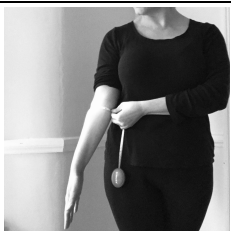
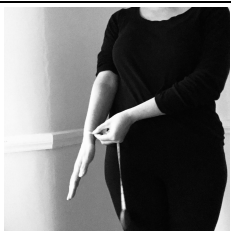
### 1 General

Data Field	Your Response	Instructions
<b>*Body Model Name:</b>		You can name your body model whatever you'd like. We recommend including the person's name or initials and the date, for example "E.S. 1-3-2019."
<b>*Inches or Centimeters:</b>		Choose your measurement unit here, and make sure you use the same unit for all of your measurements.
<b>*Line Color:</b>		Choose the outline color for your body model. Line darkness can vary greatly from printer to printer! If you're printing to sketch on paper, <a href="#">print a test swatch</a> to determine the the best line color. Choose the lightest possible lines so that they will seem to disappear under your sketches. Choose darker lines if you want the lines to be more visible.
<b>*Height</b>		Enter your full height in inches or centimeters. E.g. If your height is 5'4", write 64. If your height is 1.55 m, write 155.

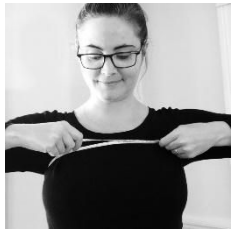


### 2 Head

Measurement name	Your measurement	Instructions	Photo
<b>*Neck Circumference</b>		Measure around the base of the neck	
<b>*Neck Length</b>		Keeping the measuring tape taut (not curved) measure from your center collarbone to where your neck meets your underchin.	

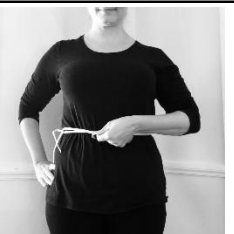

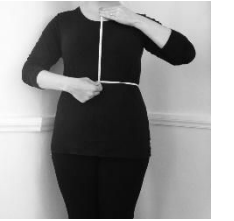
### ③ Arms and Shoulders

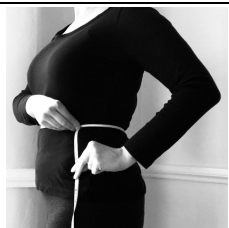
Measurement name	Your measurement	Instructions	Photo
<b>*Shoulder Width (Front)</b>		Keeping the measuring tape taut (not curved) measure from one shoulder point to the other (shoulder seamline for tops with set-in sleeves). These points are marked by the bones at the upper tips of your shoulders, where the shoulder meets the arm.	
<b>*Bicep Circumference</b>		Measure around the widest section of the upper arm	
<b>*Forearm Circumference</b>		Measure around your arm at the widest part of your forearm, below the elbow	
<b>*Shoulder to Wrist Length</b>		Measure from the tip of your shoulder cap to your wrist bone.	
<b>Elbow Circumference</b>		Measure around your arm at the widest part of your elbow, with your arm extended.	
<b>Wrist Circumference</b>		Measure around your wrist at the wrist bone.	

#### ④ Chest



Measurement name	Your measurement	Instructions	Photo
<b>*High Bust Circumference</b>		Measure by placing the tape above your bust, around your body just under your arms, with arms down at your sides	
<b>*Full Bust Circumference</b>		Measure by placing the tape around the fullest part of the bust, around your body with the tape measure straight across the back	
<b>*Under Bust Circumference</b>		Measure around your rib cage by placing the tape just under your bust, with the tape measure straight across the back	

#### ⑤ Waist



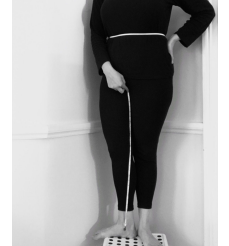
Measurement name	Your measurement	Instructions	Photo
<b>*Waist Circumference</b>		Measure around your body along the elastic that you tied around your natural waist - i.e. where your body bends to the side	
<b>*Neck to Waist (Back)</b>		Bend your head forward to find the most prominent bone in the back of your neck and measure vertically down the spine to the elastic along your back waist	
<b>*Neck to Waist (Front)</b>		Standing straight with legs together, measure along the front midline of your body, between your front collarbone and your waist elastic, keeping the tape as flat to your body as possible	



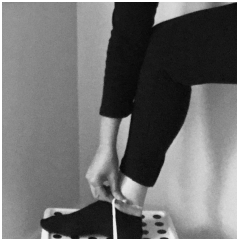
<b>*Waist to Hip Bone</b>		Standing straight with legs together, measure along the side of your body, between your waist elastic and the tip of your hip bone	
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## ⑥ Hip

Measurement name	Your measurement	Instructions	Photo
<b>*High Hip Circumference</b>		Measure around your body across your hip bones and belly - usually about 3 inches down from your waist	
<b>*Low Hip Circumference</b>		With legs together, measure around your body across the dots that you marked on your low hips, keeping the tape the same distance from the waist all the way around.	

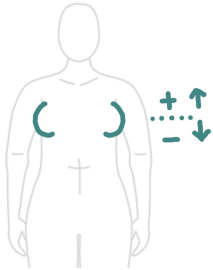
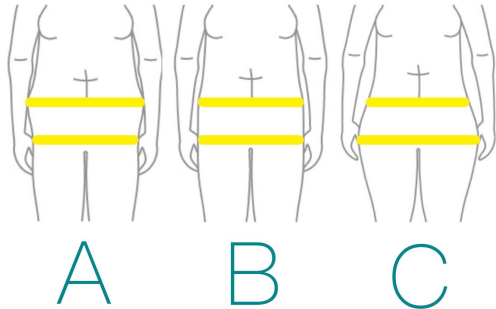
## ⑦ Legs

Measurement name	Your measurement	Instructions	Photo
<b>*Thigh Circumference</b>		Measure around your upper thigh, at the widest part of your thigh	
<b>*Calf Circumference</b>		Measure around the widest part of your calf	
<b>*Inseam</b>		Measure from your crotch to just below your ankle bone, along the inside of your leg.	

<b>*Outseam</b>		<p>Measure from your waist elastic to just below your ankle bone, along the outside of your leg.</p> <p><i>Make sure your Outseam measurement is longer than your Inseam measurement.</i></p>	
<b>Knee Circumference</b>		Measure around your leg at the knee, with your leg extended.	
<b>Ankle Circumference</b>		Measure around your ankle at the ankle bone.	

## ⑧ Optional Adjustments

The following adjustments are optional. If you're not sure how to answer these questions, save your model to view the preview image. If your body model doesn't look right, click "Edit" to return to these questions and adjust as needed. *Please note: All bodies are different and there's no one right way to be. The illustrations below are provided as examples only.*

Data Field	Circle Your Response from the Options below	Instructions
<b>Bustline Height</b>	Select one: +5 +4 +3 +2 +1 No adjustment -1 -2 -3 -4 -5	Use this field to move your bustline height upward (+) or downward (-). If no adjustment is needed, select "no adjustment." Not sure? Save your model to view the preview image, then click "Edit" to adjust as needed. 
<b>Hip Curve - Visual Width (front)</b>	Select one: A. My high hips are wider than my low hips. B. My high hips and low hips are the same width. C. My high hips are narrower than my low hips.	Looking at your body in the mirror from the front, compare the visual width of your <b>high hips</b> and your <b>low hips</b> . Imagine that you're drawing a horizontal line directly across each area to determine if one is visually wider than the other.  <b>Note:</b> If you prefer to adjust your hip curve manually, select "No Adjustment" here and edit your numbers directly in Section 6. Hip.

## Additional Tips:

- If your body model preview doesn't look right, click "Edit" and check for typos. Also double check the instructions for any measurements that don't look right.
- If you still need to fine tune your body model: Almost every part of your body model can be adjusted based on the numbers entered in the measurement form. For example, if your body model's neck looks too narrow, increase the neck circumference until your body model preview looks right. If the neck looks too long or too short, then adjust the neck length number accordingly.
- For more tips, check out this blog post: [Top 5 Troubleshooting Tips for Creating a Body Model That You'll Love](#) - Includes sample images and instructions for "Help! My head is HUGE!" "My hips are pointy and weird!" "My body model preview is invisible!" and more
- Need a boost of inspiration to create your body model? See examples of how garment makers and designers are using their body model templates [@mybodymodel on Instagram](#) and our community blog, <http://mybodymodel.com/blog>.
- If you run into any issues or have feedback, please email [help@mybodymodel.com](mailto:help@mybodymodel.com)



# MyBodyModel Quick-Start Guide

Short on time? Here's a list of all the required measurements. You can print this page and write your measurements on paper before entering them in the app. Just be sure to read the instructions!

<b>1. General</b>
*Body Model Name
*Inches or Centimeters
*Line Color:
*Height
<b>2. Head</b>
*Neck Circumference
*Neck Length
<b>3. Arms and Shoulders</b>
*Shoulder Width (Front)
*Bicep Circumference
*Forearm Circumference
*Shoulder to Wrist Length
<b>4. Chest</b>
*High Bust Circumference
*Full Bust Circumference
*Under Bust Circumference
<b>5. Waist</b>
*Waist Circumference
*Neck to Waist (Back)
*Neck to Waist (Front)
*Waist to Hip Bone
<b>6. Hip</b>
*High Hip Circumference
*Low Hip Circumference
<b>7. Legs</b>
*Thigh Circumference
*Calf Circumference
*Inseam
*Outseam