

### Take 1 - Waist MGM

Print  Front  Back  Pocket+waistband

**GARMENT Measurements**

Waist:  ?

Torso:  ?

Crotch depth:  ?

Knee:  ?

Length:  ?

Seam allowance:

Picture size:  Small  Medium  Large

Pleat style:

Shape:

Hip:  ?

Derrière:  ?

**Note:** Pull cord snugly again and leave for all measurements.

(Click window to close)

### Take 2 - Torso MGM

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**GARMENT Measurements**

Waist:  ?

Torso:  ?

Crotch depth:  ?

Knee:  ?

Length:  ?

Seam allowance:

Picture size:  Small  Medium  Large

Shape:

Hip:  ?

Derrière:  ?

**Forget body measurements. Think Minimum Garment Measurements (MGM's)! Position and run the measuring tape around your hips at any point just below your predefined waistline. Lightly secure measurement.**

**Keep adding to this measurement - increase tape circumference as you slide the tape up and down - until you encompass the largest part of the lower torso. (Note: This largest part could be anywhere on the hips or on the thighs.) Lightly secure this larger measurement.**

**Now add only enough slack (ease) to the tape so that, if the measuring tape were a rigid hoop, the hoop could be released at the waist and it could be wiggled off all the way to the floor. The hoop would not fall off - you would have to wiggle it off. Firmly secure this largest measurement.**

**This is your Torso MGM.**

**Test your Torso MGM. (Remember, tape is a hoop - you can wiggle it off) No Hangups!**

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#### GARMENT Measurements

Waist  ?

Torso  ?

Crotch depth  ?

Knee  ?

Length  ?

Seam allowance

Picture size  
 Small  
 Medium  
 Large

Pleat style

Shape

Hip  ?

Derrière  ?

### Take 3 - Crotch Depth (CD) MGM

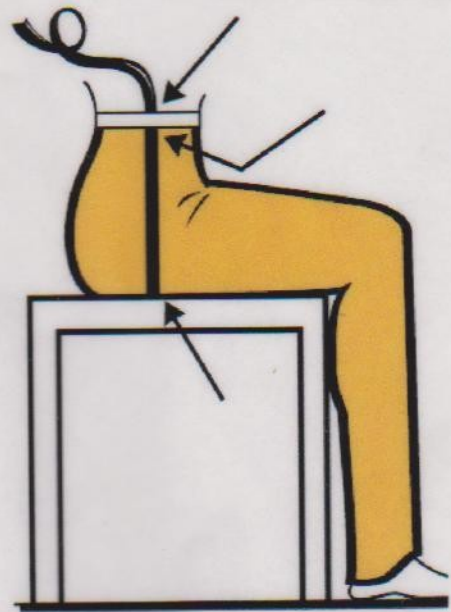
Sit erect. Face straight ahead. Slip the ZERO end of measuring tape under the waistline cord at the side-hip/side-waist point (top arrow). Slide tape over the hip, downward, until the metal edge of Zero end of tape touches the hard and even sitting surface (bottom arrow).

Note measurement at the lower edge of side-hip/side-waist (middle arrow).

This is your Crotch Depth.

Note: Don't remove tape. Just stand up and continue with only 2 more MGM's.

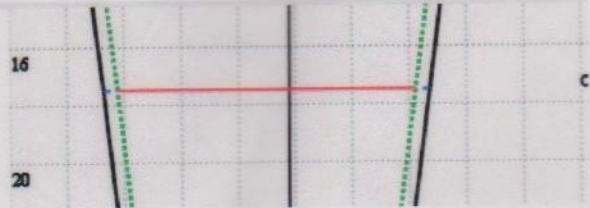
(Click window to close)



#### Other adjustments

center\_waist

dart\_position



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#### GARMENT Measurements

Waist  ?

Torso  ?

Crotch depth  ?

Knee  ?

Length  ?

Seam allowance

Picture size  
 Small  
 Medium  
 Large

Pleat style

Shape

Hip  ?

Derrière  ?

### Take 4 - Knee Length MGM

Stand up and erect. Keep facing straight ahead. Pull the tape from the previous position (Take 3! Crotch Depth), straight down the side of the hip and the leg, to the mid-knee position (bottom arrow). You may want to flex the knee slightly to determine the middle of the knee.

Note measurement at the lower edge of side-hip/side-waist (middle arrow).

This is your Knee Length MGM.

Note: Waist cord needs to remain at original Take 1! position - do not pull.

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