



Gina Renee Designs

Helping You Create Clothes that make You Feel Great



by providing Fashionable Sewing Patterns that Fit

How to Measure Yourself

(use #GRDMETHOD, #MAKINGAMOULAGE, & @GinaReneeDesigns on Instagram)

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Tools & Supplies for How to Measure Yourself

- TAPE MEASURE
- CLEAR GRID RULER
- 1/2" x 3/4" (1CM x 2CM) WHITE LABELS/STICKERS
- SCOTCH TAPE (MATTE, NOT SHINEY)
- 3/8" WIDE (1CM) ELASTIC- 6 YARDS/METERS
- 3/8" WIDE (1CM) RIBBON- 3 YARDS/METERS
- BLACK MARKER
- L-SQUARE RULER 
- CHAIN NECKLACE (ONE YOU ALREADY HAVE)
- PRINT PAGES 2-3 OF THIS GUIDE TO WRITE DOWN YOUR MEASUREMENTS
- PENCIL
- SCISSORS FOR CUTTING RIBBON AND ELASTIC 
- FULL-LENGTH MIRROR
- OPTIONAL: MINI-LEVEL

NOTE YOU CAN USE EITHER INCHES (IMPERIAL) OR CENTIMETERS (METRIC).

IF YOU'RE USING INCHES, YOU CAN USE FRACTIONS OR DECIMALS. WHICHEVER YOU PREFER.

FOR METRIC, MEASURE ONLY TO THE MILLIMETER, FOR EXAMPLE 1.2CM, NOT 1.25CM.

QUICK REFERENCE INCHES

FRACTIONS	DECIMALS
1/8	= .125
1/4	= .25
3/8	= .375
1/2	= .5
5/8	= .625
3/4	= .75
7/8	= .875

WHAT TO WEAR:

WEAR YOUR EVERYDAY BRA AND PANTIES.

DON'T WEAR A SPORTS BRA OR PUSH UP BRA, UNLESS THAT IS WHAT YOU NORMALLY WEAR ON A DAILY BASIS.

DON'T WEAR SHOES.

NAME: _____ DATE _____

POINT OF MEASURE:

YOUR MEASUREMENT:

A) Apex to Apex

B) Front Torso Length: CF Neck to Waist (Without Elastic)

C) Front Torso Length: CF Neck to Waist (Elastic over Bust)

D) Front Length: HPS to Waist (Elastic over Bust)

E) Total Neck Circumference

F) Across Shoulders: Edge of Bone to Bone

G) Distance from HPS to Across Front

H) Across Front

I) Center Front (CF) to Apex

J) LPS to Apex

K) Bust (Full Bust)

L) Waist (True Waist)

M) Side Length at Side Seam: Level from Ruler to Waist

N) Length from "Level Above Bust" to "Waist"

O) Above Bust at Smallest Circumference (High Bust)
(Not Level)

P) Distance from Above Bust to Apex

Q) Side Waist to Floor

My Body Measurements (continued)

R) High Hip Position Down from Waist.

Choose from the options to the right.

If you are shorter, go with the lower numbers, taller people go with the higher numbers, circle your selection:

Imperial (Inches)	Metric (Centimeters)
3	7.5
3 1/2	9
4	10.5
4 1/2	12
5	13.5
5 1/2	15

S) High Hip

T) Low Hip Position Down from Waist.

Place the Elastic on the low hip at the largest area. Then measure between the low hip elastic and the waist.

Round to one of the options given, circle your selection:

Imperial (Inches)	Metric (Centimeters)
7	17.5
7 1/2	19
8	20.5
8 1/2	22
9	23.5
9 1/2	25
10	26.5
10 1/2	28
11	

U) Low Hip

V) Armhole Circumference

W) CF Waist to Floor

X) Back Torso Length (CB)

Y) Back Length from HPS

Z) Across Back

AA) CB waist to LPS

BB) L-Square parallel to floor from shoulder blade to the middle of shoulder seam (Shoulder seam Dart Depth Calculation)

CC) L-Square Diagonal (hypotenuse of triangle between sticker lines) (Shoulder seam Dart Length Calculation)

DD) CB Neck to Hip (Walking Along Curvature of Back)

EE) CB Neck to Hip (Straight Tape Measure)

Abbreviations & Terminology

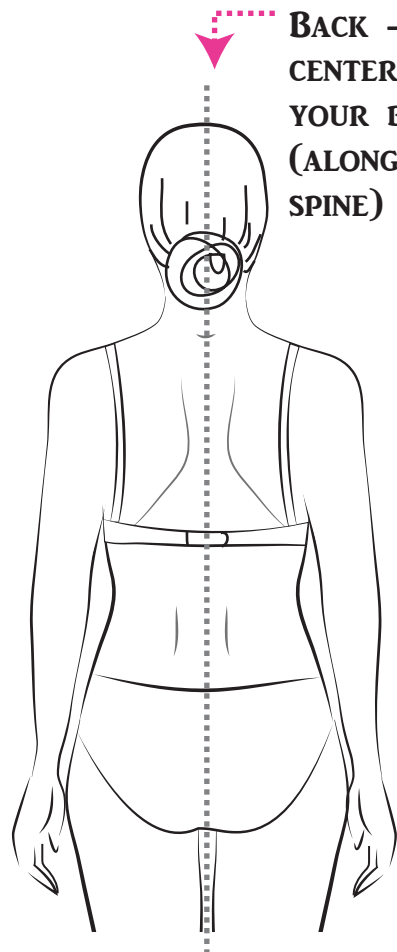
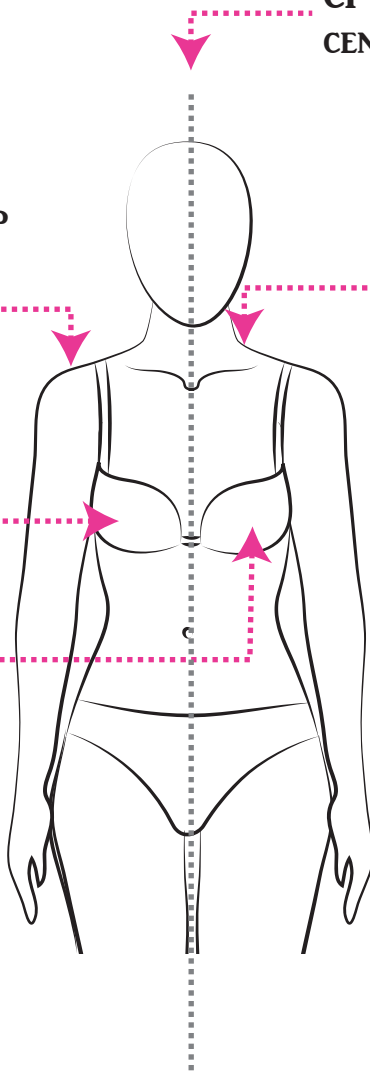
CF = CENTER FRONT – THE CENTER FRONT OF YOUR BODY.

LPS = LOW POINT SHOULDER – THE TOP SHOULDER AREA BY THE ARMHOLE.

HPS = HIGH POINT SHOULDER – THE TOP SHOULDER AREA BY THE NECKLINE.




APEX = THE HIGH POINT AREA OF THE BUST. THE POSITION CAN BE WHERE THE NIPPLE OF THE BREAST IS, BUT NOT ALWAYS.

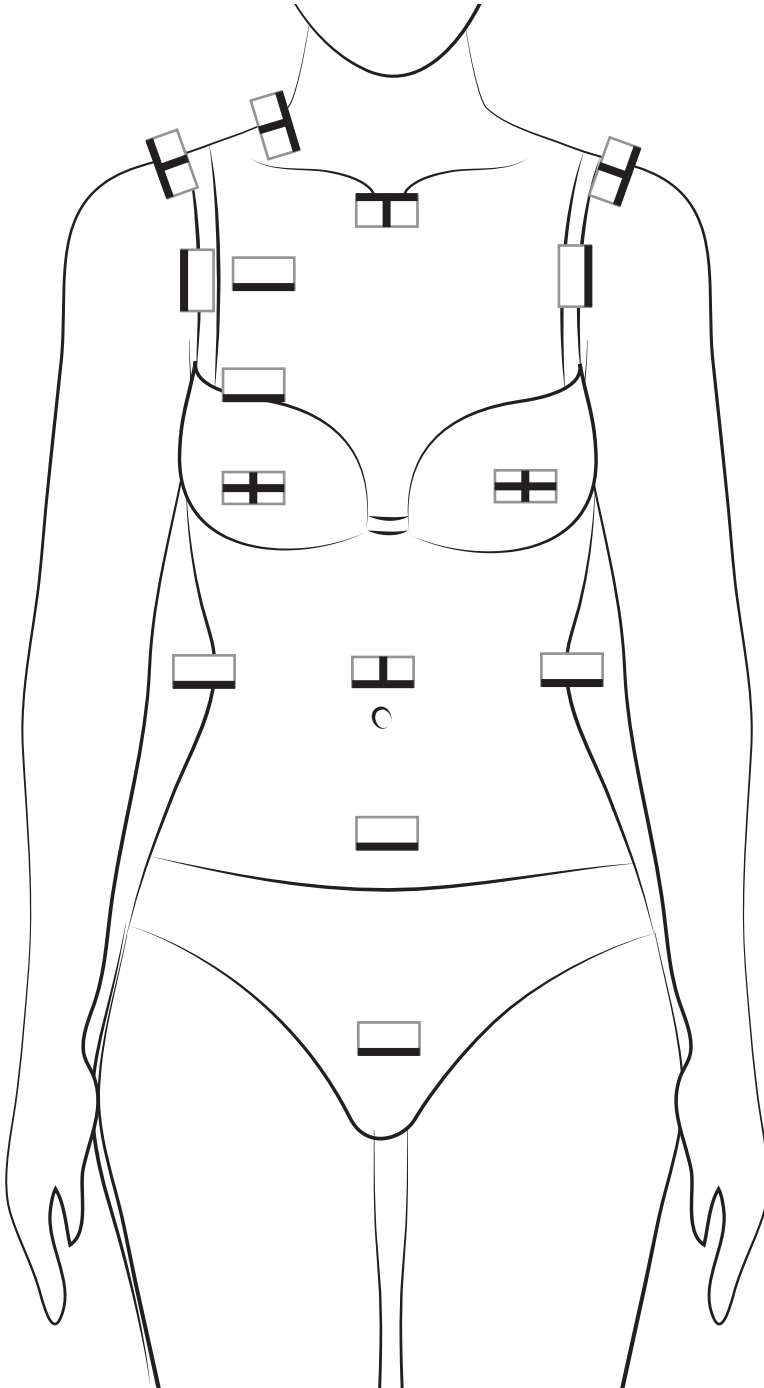
CB = CENTER BACK – THE CENTER BACK OF YOUR BODY (ALONG THE SPINE)






POM(s) = POINT OF MEASURE(S)
THE POSITION YOU ARE MEASURING.
FOR EXAMPLE, THE "BUST" IS A
POINT OF MEASURE THAT IS THE
CIRCUMFERENCE OF THE FULL BUST.

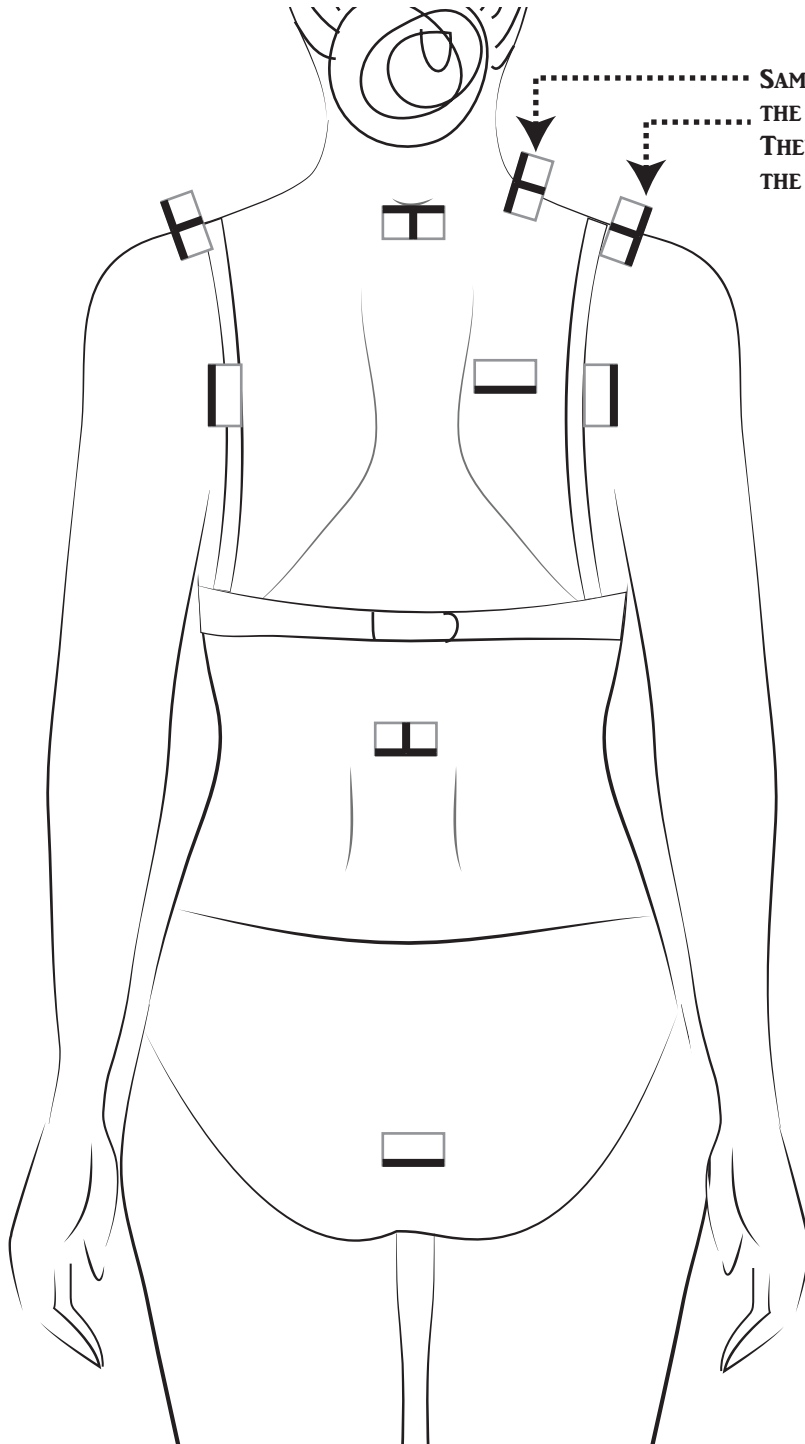
Front Sticker Reference Locations

-  = STICKER WITH STRAIGHT LINE
-  = STICKER WITH A "T"
-  = STICKER WITH AN "X" OR "CROSS"



Back Sticker Reference Locations

-  = STICKER WITH STRAIGHT LINE
-  = STICKER WITH A "T"
-  = STICKER WITH AN "X" OR "CROSS"



SAME STICKERS AS IN
THE FRONT VIEW.
THEY WRAP TOWARDS
THE BACK.

Follow the Video!

EVEN THOUGH THIS GUIDE IS A GREAT REFERENCE FOR YOU, YOU ABSOLUTELY NEED TO WATCH THE VIDEO TO FOLLOW THE STEPS EXACTLY. THIS GUIDE IS ONLY AN OVERVIEW FOR YOU. IT DOESN'T GO INTO THE SAME DEPTH AS THE VIDEO AND YOU'LL LIKELY MAKE MISTAKES ALONG THE WAY IF YOU DON'T WATCH THE VIDEO.

MAKE SURE YOU'VE PRINTED OUT PAGES 2-3 TO WRITE DOWN YOUR MEASUREMENTS AS YOU GO. PLEASE KEEP THE STICKERS ON AS YOU GO, UNLESS OTHERWISE INSTRUCTED. MANY OF THE STICKERS ARE USED IN MULTIPLE POINTS OF MEASURE. IF THE STICKERS DON'T STAY ON, USE LONG PIECES OF TAPE ON TOP OF THEM TO MAKE IT STICK!

AT THE END OF THIS MODULE, MAKE SURE YOU HAVE A MEASUREMENT FOR EVERY POINT OF MEASURE. YOU WANT TO BE SURE YOU HAVE ALL YOUR MEASUREMENTS BEFORE YOU REMOVE YOUR STICKERS!

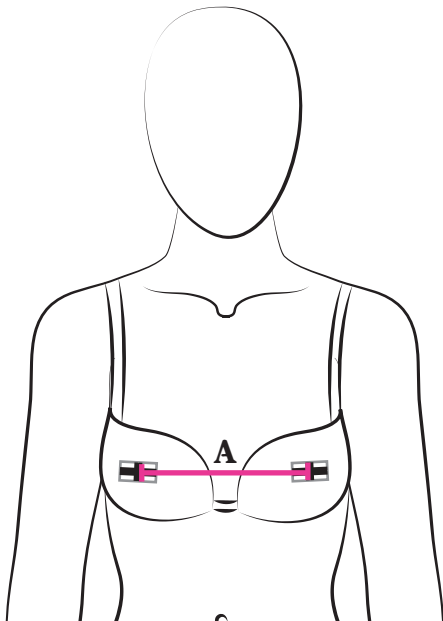
HANG IN THERE! THIS MODULE WILL TAKE ABOUT 1 1/2 TO 2 HOURS IF YOU HAVE SOMEONE HELPING YOU FOR THE WHOLE THING. OTHERWISE, IT CAN TAKE 2-3 HOURS IF YOU ARE DOING IT PRIMARILY ALONE. YOU'LL STILL NEED SOME HELP FROM SOMEONE FOR YOUR BACK MEASUREMENTS AT THE END OF THIS MODULE.

THE BIGGEST FEEDBACK FROM THE STUDENTS: TAKE ACCURATE MEASUREMENTS AND EVEN REMEASURE YOURSELF TO DOUBLE/TRIPLE CHECK YOUR WORK. ALWAYS DOUBLE CHECK YOUR STICKER PLACEMENTS BEFORE YOU TAKE YOUR MEASUREMENTS. I CAN'T EMPHASIZE THIS ENOUGH. YOUR FIT IS DIRECTLY BASED ON YOUR MEASUREMENTS.

THIS IS THE HARDEST MODULE OF THEM ALL! IT MAY EVEN TEST YOUR PATIENCE! STICK WITH IT. YOU CAN DO IT! I KNOW YOU CAN!

Points of Measure - Step A

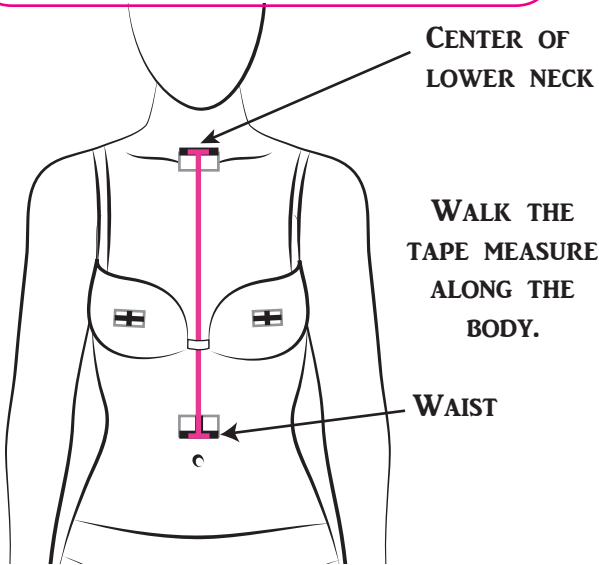
A) APEX TO APEX



Points of Measure - Steps B & C

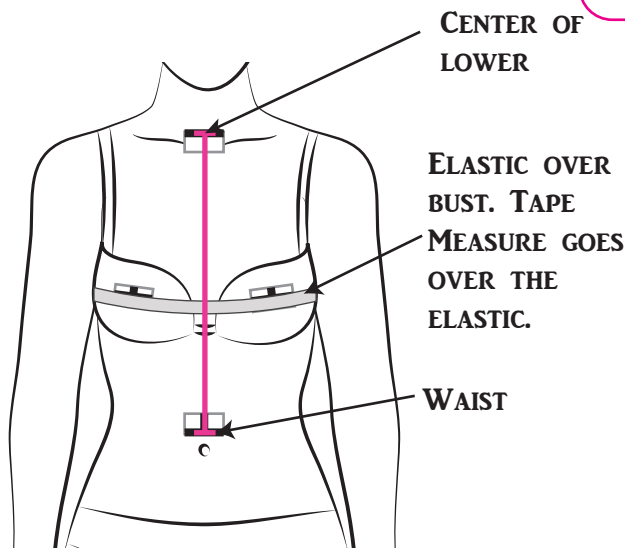
B) FRONT TORSO LENGTH: CF NECK TO WAIST (WITHOUT ELASTIC)

ALLOW THE TAPE MEASURE TO GO UNDER YOUR BRA FOR THIS STEP!



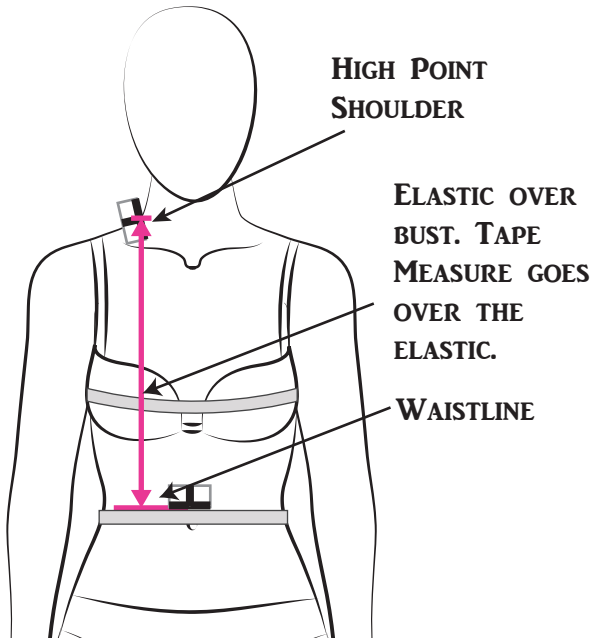
C) FRONT TORSO LENGTH: CF NECK TO WAIST (ELASTIC OVER BUST)

YOUR (C) MEASUREMENT SHOULD BE LONGER THAN YOUR PREVIOUS (B) MEASUREMENT.

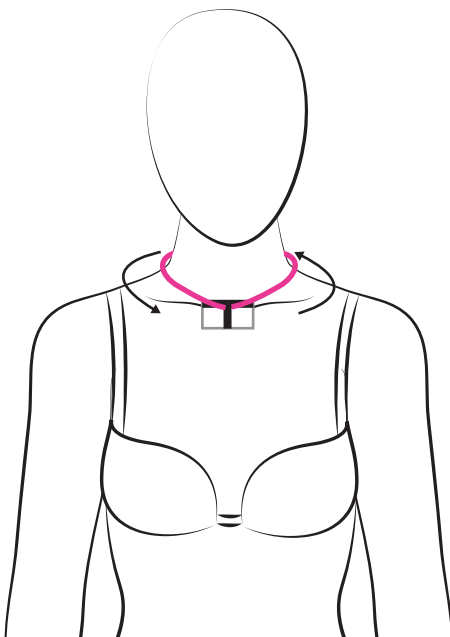


Points of Measure - Steps D & E

D) FRONT LENGTH: HPS TO WAIST (ELASTIC OVER BUST)



E) TOTAL NECK CIRCUMFERENCE

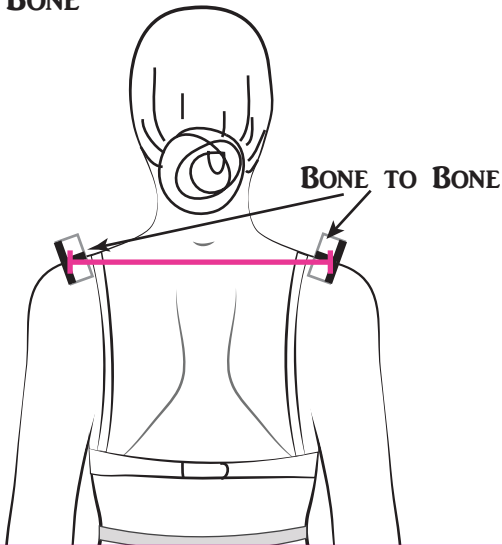


THE TAPE MEASURE DOES NOT NEED TO BE ON THE HPS STICKER.
THE TAPE MEASURE WILL GO TO THE INTERSECTION POINT OF THE 'T' STICKER AT THE CENTER FRONT NECK.



Points of Measure - Steps F & G

F) ACROSS SHOULDERS: EDGE OF BONE TO BONE

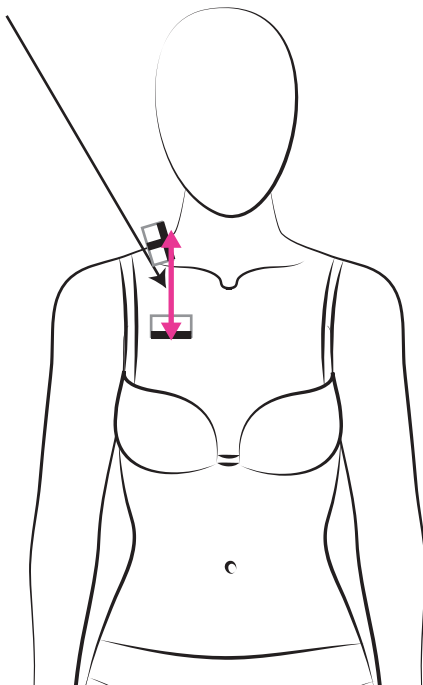


FIND YOUR LPS, YOUR FINGER WILL NOT MOVE MUCH WHEN LIFTING YOUR ARM UP AND DOWN.



I SUGGEST TO GO SMALLER HERE THAN YOU THINK YOU NEED FOR YOUR MOULAGE. MOST PEOPLE HAVE THE TENDANCY TO GO TOO WIDE HERE.

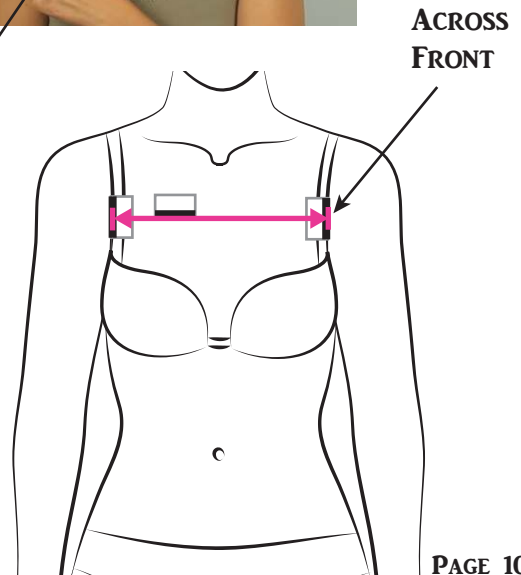
G) DISTANCE FROM HPS TO ACROSS FRONT



H) ACROSS FRONT

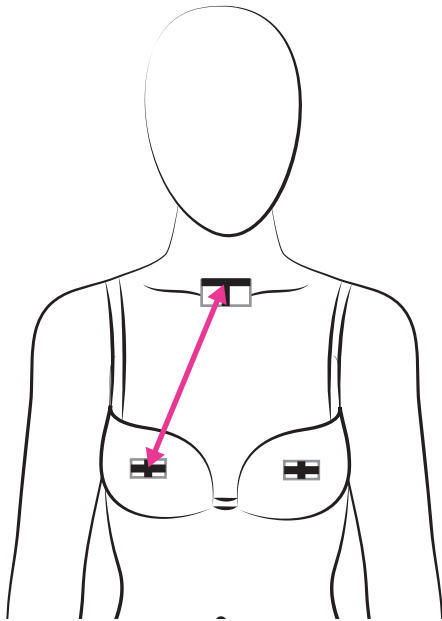


FEEL FOR THE SOFT PART OF THE ARMHOLE

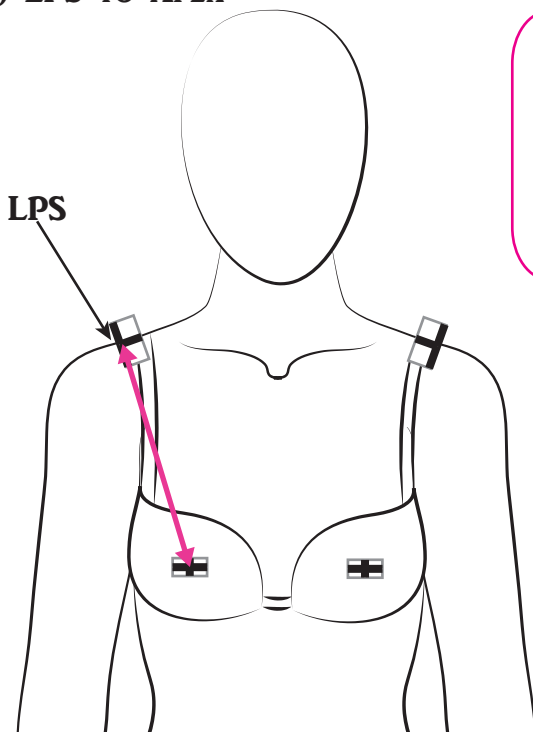


Points of Measure - Steps I & J

I) CENTER FRONT (CF) TO APEX



J) LPS TO APEX



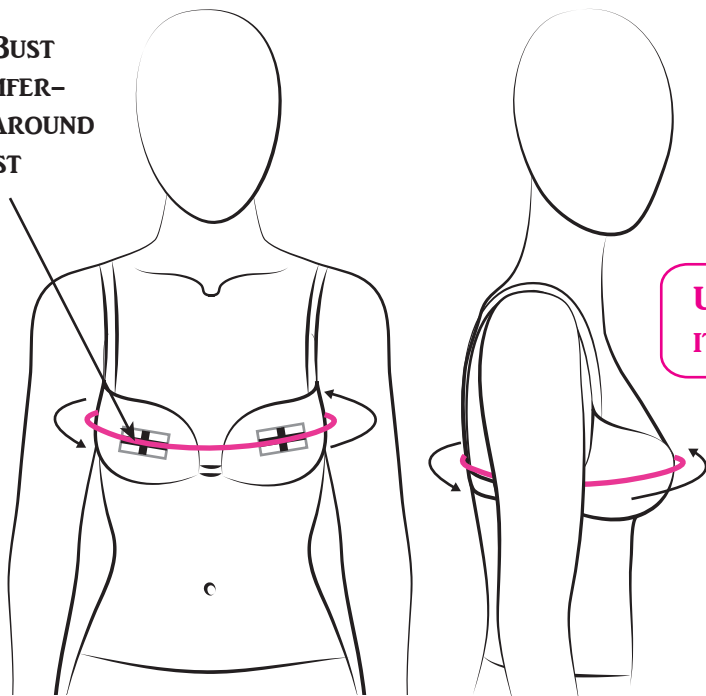
IF YOU HAVE ONE SHOULDER HIGHER THAN THE OTHER, I SUGGEST TO MEASURE THE SIDE THAT IS HIGHER. YOU COULD ALSO MEASURE BOTH SIDES, JUST SO YOU KNOW FOR YOUR FITTING LATER ON.



Points of Measure - Steps K & L

K) BUST (FULL BUST)

FULL BUST
CIRCUMFER-
ENCE AROUND
LARGEST
POINT.

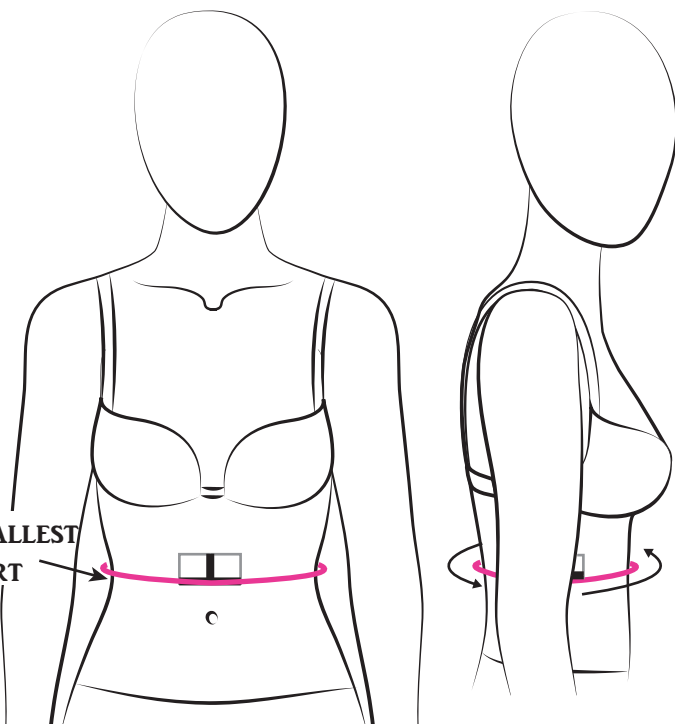


USE YOUR LEVEL TO BE SURE
IT'S PARALLEL TO THE FLOOR.



L) WAIST (TRUE WAIST)

SMALLEST
PART



USE YOUR LEVEL TO BE SURE
IT'S PARALLEL TO THE FLOOR.



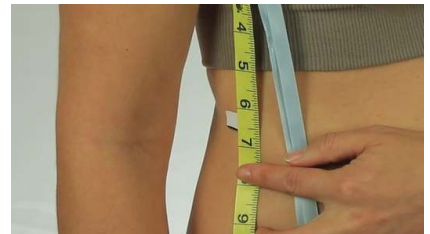
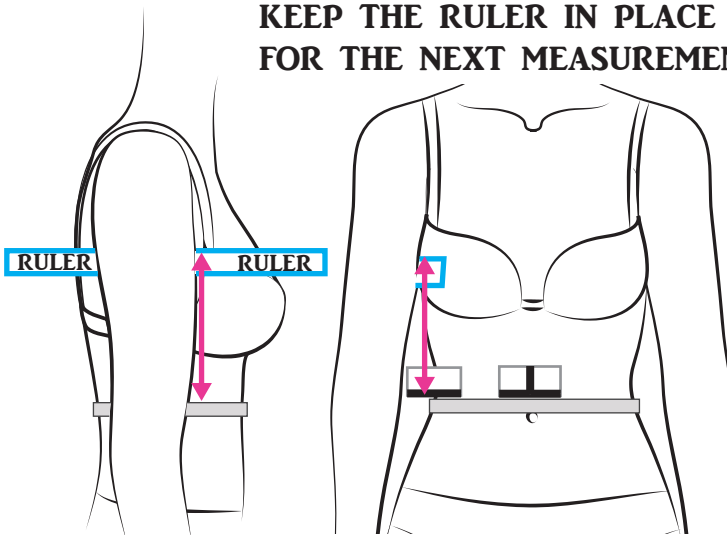
Points of Measure - Steps M & N

M) SIDE LENGTH AT SIDE SEAM: LEVEL FROM RULER TO WAIST

DON'T SHOVE THE RULER TOO HIGH UP IN THE ARMPIT. IT SHOULD BE COMFORTABLY BELOW THE CREASE IN THE ARM AREA.

USE YOUR LEVEL IF YOU HAVE ONE, TO BE SURE THE RULER IS PARALLEL TO THE FLOOR!

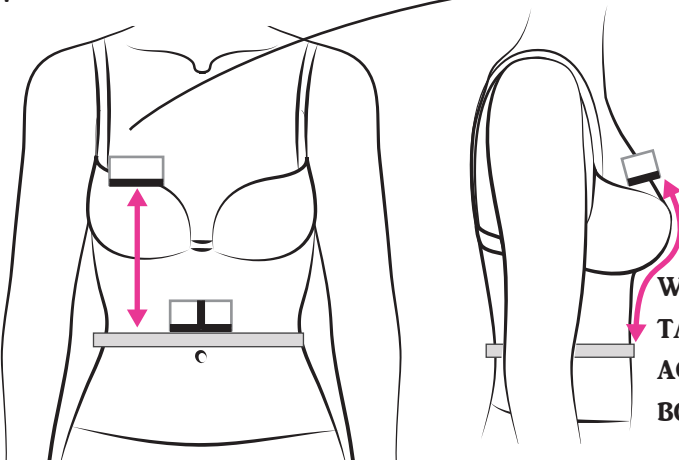
KEEP THE RULER IN PLACE FOR THE NEXT MEASUREMENT!



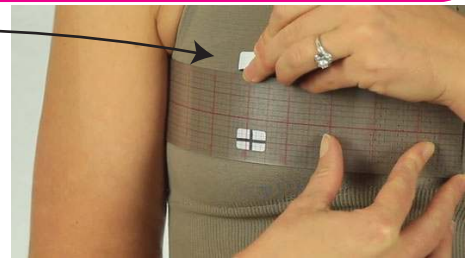
N) LENGTH FROM "LEVEL ABOVE BUST" TO "WAIST"

WRAP THE PARALLEL RULER TOWARDS THE FRONT OF YOUR BODY, TO PLACE THE STICKER POSITION. IF YOU DON'T HAVE A BENDABLE RULER, USE A PIECE OF PAPER TO WRAP IT ACROSS YOUR BODY. MAKING SURE THE PAPER IS IN THE SAME POSITION AS THE RULER IN THE PREVIOUS STEP.

IF ONE BREAST IS SMALLER THAN THE OTHER, I SUGGEST TO MEASURE THE SMALLER SIDE FOR THIS MEASUREMENT.



WALK THE TAPE MEASURE AGAINST YOUR BODY.

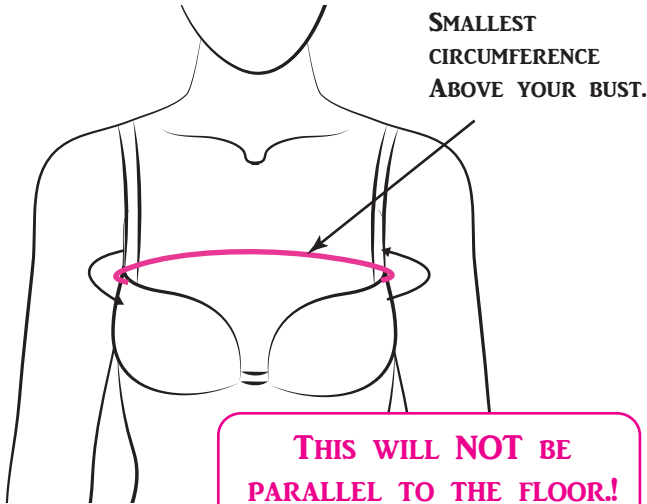


AFTER YOU TAKE THIS MEASUREMENT, REMOVE THE STICKER YOU PLACED ABOVE THE BUST.

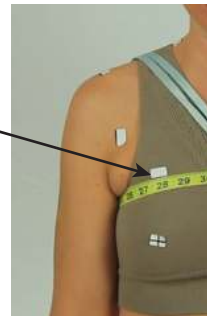
Points of Measure - Steps O & P

REMOVE THE STICKER FROM THE PREVIOUS STEP (N). 

O) ABOVE BUST AT SMALLEST CIRCUMFERENCE (HIGH BUST) (NOT LEVEL)

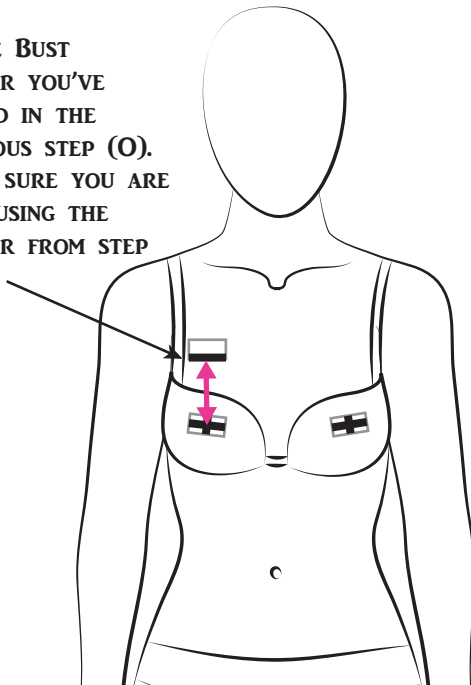


BEFORE YOU MOVE THE TAPE MEASURE FROM THIS ABOVE BUST POSITION, PLACE A STICKER AT THE TOP EDGE OF THE TAPE MEASURE.



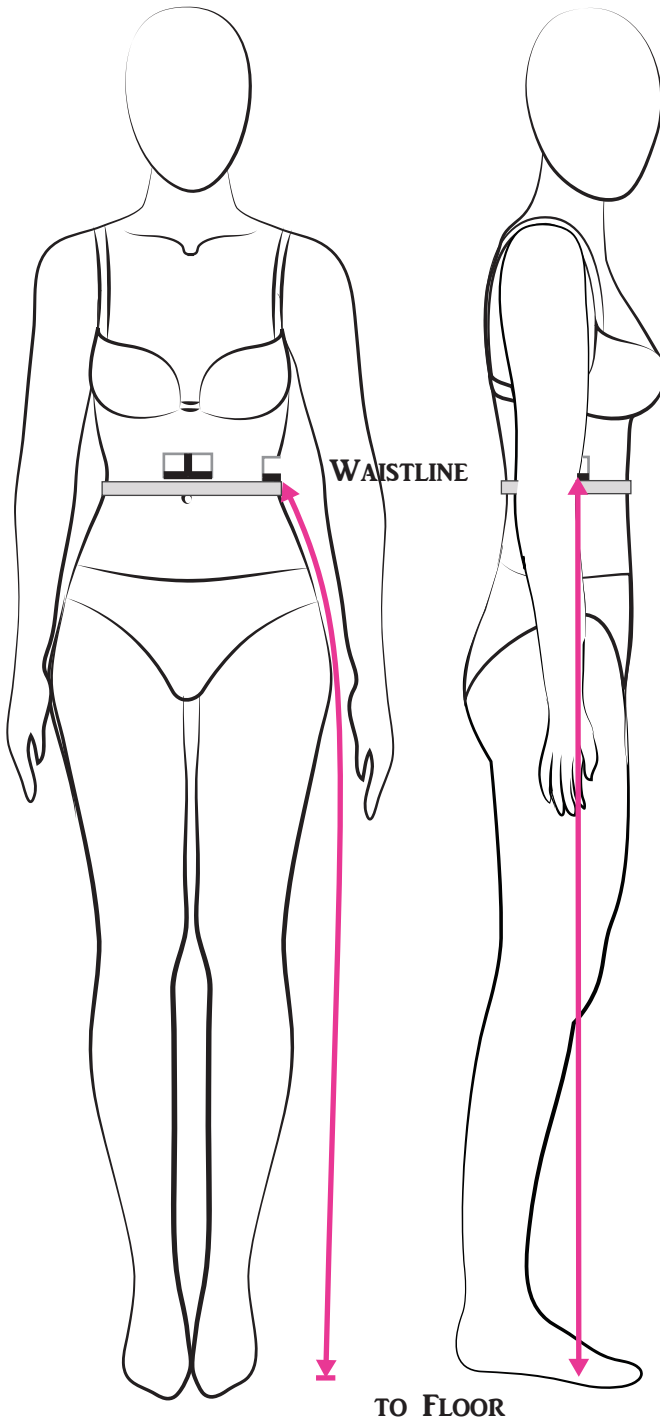
P) DISTANCE FROM ABOVE BUST TO APEX

ABOVE BUST STICKER YOU'VE PLACED IN THE PREVIOUS STEP (O). MAKE SURE YOU ARE NOT USING THE STICKER FROM STEP (N)!



Points of Measure - Step Q

Q) SIDE WAIST TO FLOOR



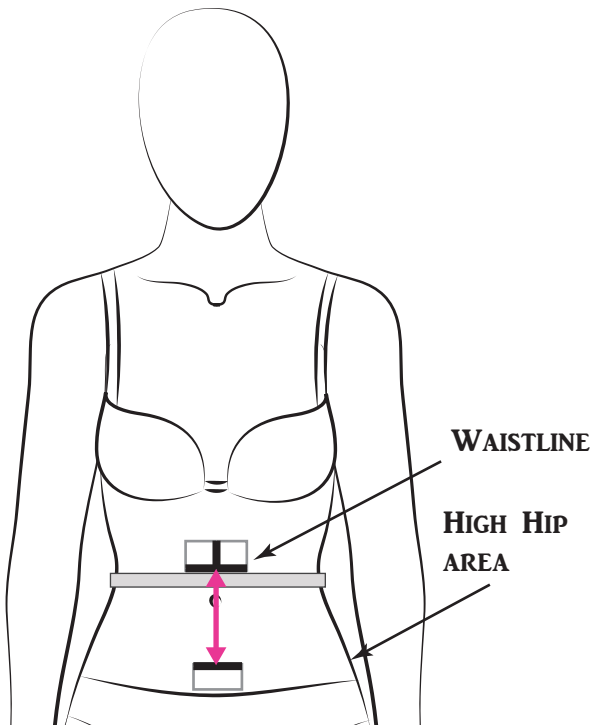
YOU MIGHT BE ASKING, WHY DO WE NEED THIS MEASUREMENT? WE USE THIS FOR DETERMINING IF WE NEED THE WAIST SHAPING IN THE FRONT, BASED ON THE CALCULATIONS. THE GRD METHOD TAKES INTO ACCOUNT 4 BODY MEASUREMENTS USE COMPLEX FORMULAS TO DETERMINE THE WAIST SHAPINGS.



STEP ON THE RIBBONS IN ORDER TO GET THE EDGE OF THE TAPE MEASURE TOTALLY ALIGNED WITH THE FLOOR.

Points of Measure - Steps R & S

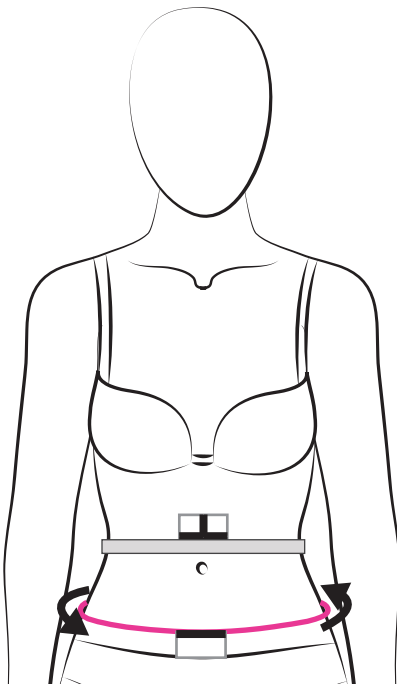
R) HIGH HIP POSITION DOWN FROM WAIST.



CHOOSE YOUR HIGH HIP AREA FROM THE OPTIONS ON THE LIST. YOU CAN CHOOSE WHICHEVER NUMBER YOU WANT HERE. IF YOU ARE SHORTER, GO WITH THE SHORTER MEASUREMENTS. IF YOU ARE TALLER, GO WITH THE LONGER MEASUREMENTS.



S) HIGH HIP

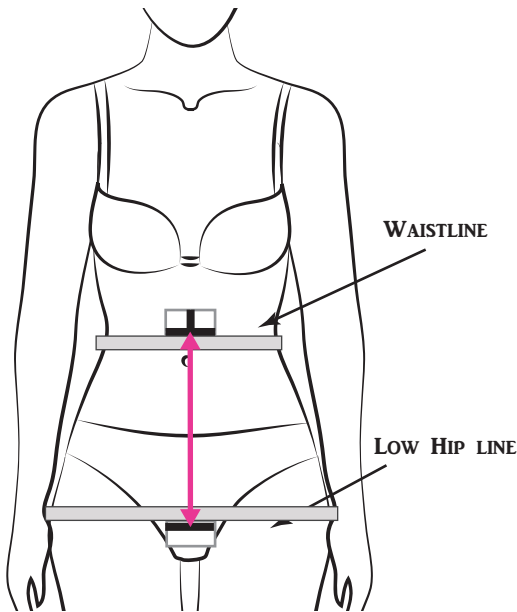


USE YOUR LEVEL TO BE SURE IT'S PARALLEL TO THE FLOOR.



Points of Measure - Steps T & U

T) LOW HIP POSITION DOWN FROM WAIST.

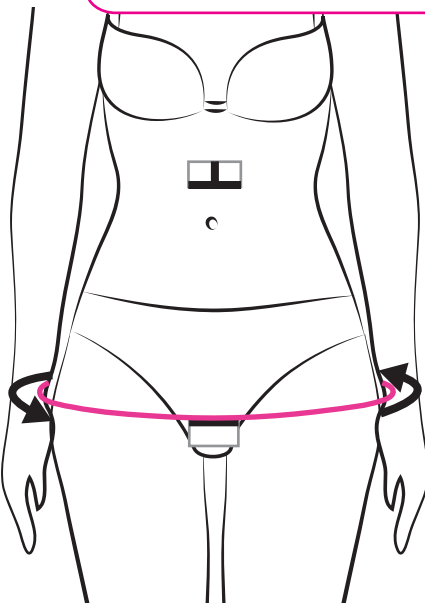


CHOOSE YOUR LOW HIP AREA FROM THE OPTIONS ON THE LIST. YOU'LL PLACE THE ELASTIC ON THE LARGEST PART OF YOUR HIPS OVER YOUR BUMM AREA, THEN MEASURE THE DISTANCE BETWEEN THE WAIST AND THE HIPS. YOU'LL PICK THE CLOSEST MEASUREMENT THAT'S ON THE LIST.



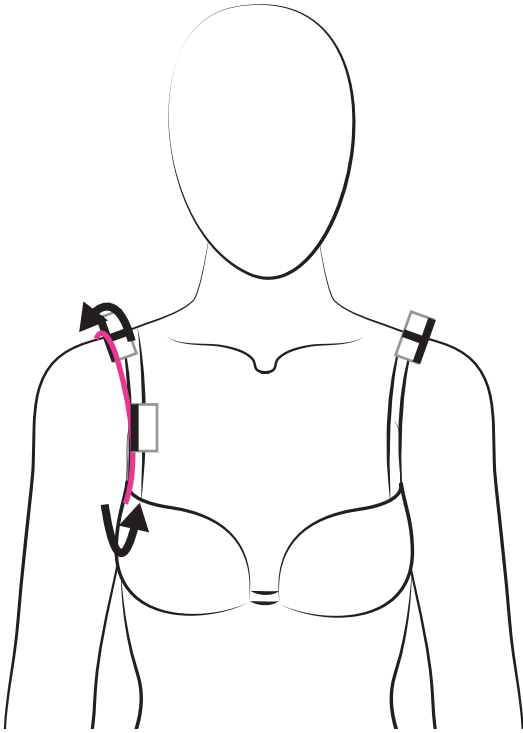
U) Low Hip

USE YOUR LEVEL TO BE SURE IT'S PARALLEL TO THE FLOOR.

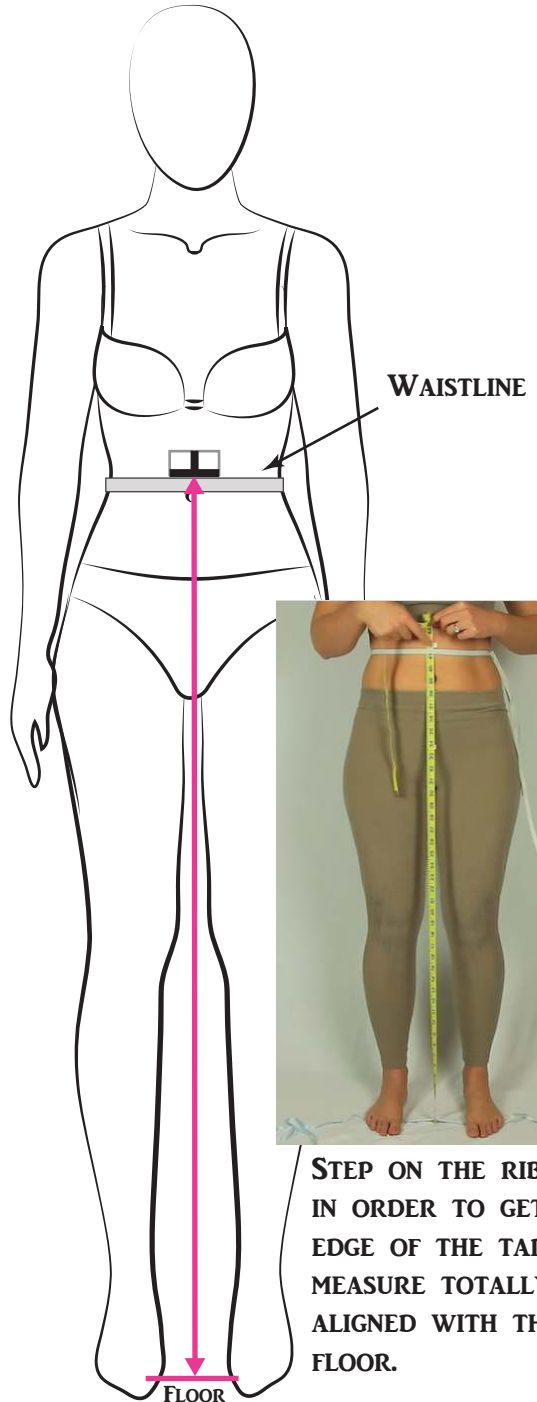


Points of Measure - Steps V & W

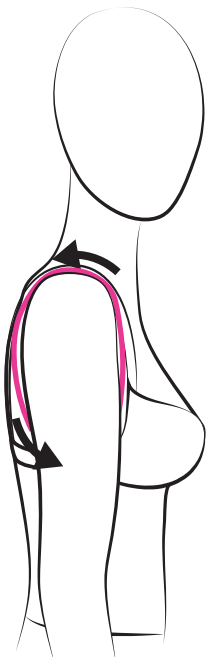
V) ARMHOLE CIRCUMFERENCE



W) CF WAIST TO FLOOR



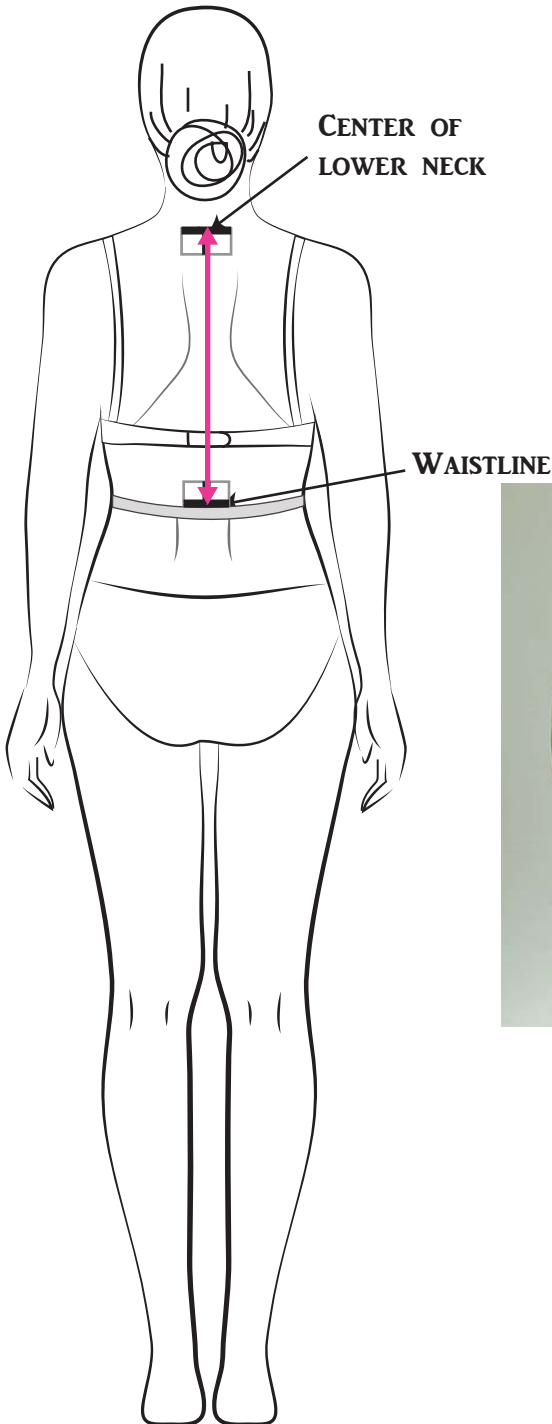
**STEP ON THE RIBBONS
IN ORDER TO GET THE
EDGE OF THE TAPE
MEASURE TOTALLY
ALIGNED WITH THE
FLOOR.**



Points of Measure - Step X

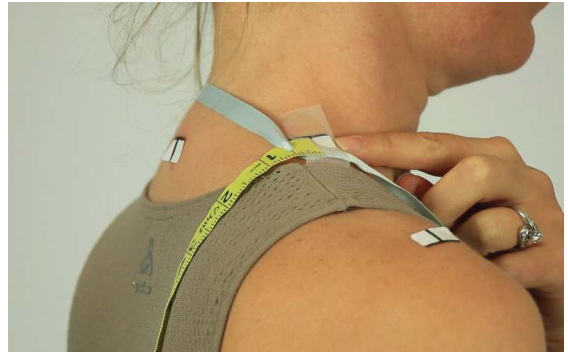
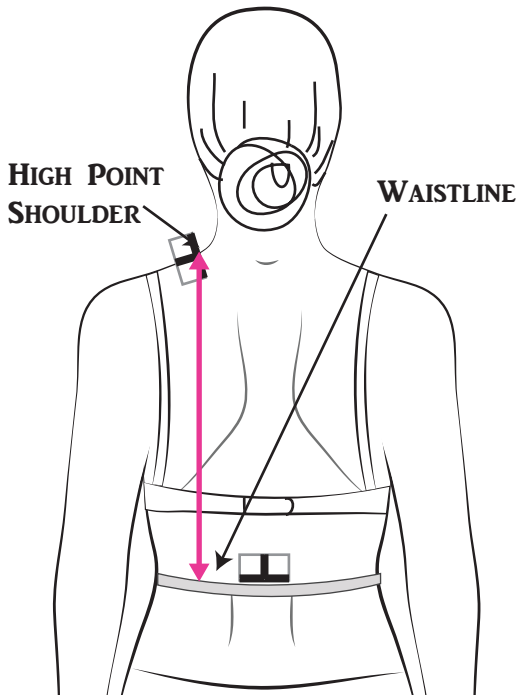
X) BACK TORSO LENGTH (CB)

YOU NEED HELP FOR THESE BACK MEASUREMENTS!

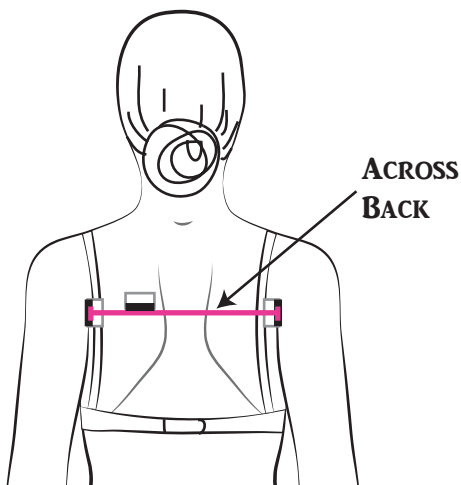


Points of Measure - Steps Y & Z

Y) BACK LENGTH FROM HPS



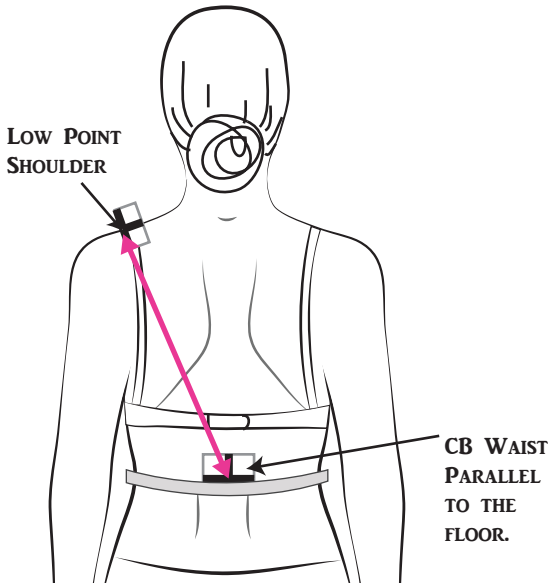
Z) ACROSS BACK



I SUGGEST TO GO SMALLER HERE THAN YOU THINK YOU NEED FOR YOUR MOULAGE. MOST PEOPLE HAVE THE TENDANCY TO GO TOO WIDE HERE.

Points of Measure - Steps AA, BB & CC

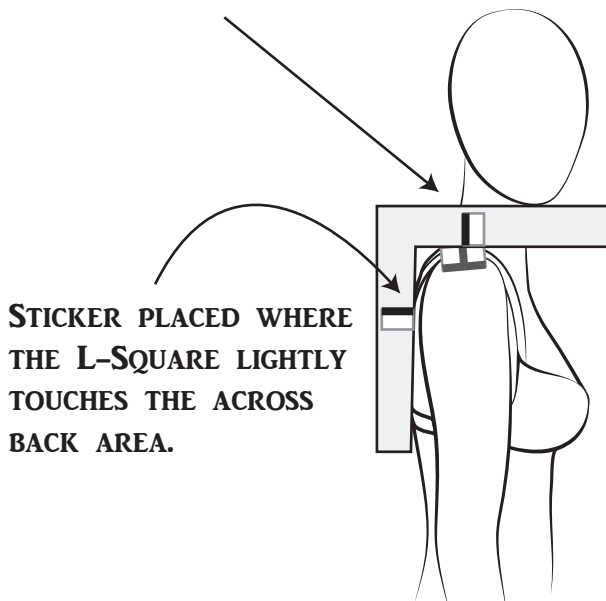
AA) CB WAIST TO LPS



MEASURE THE SAME SIDE THAT YOU DID IN THE FRONT STEP (J). IF YOU MEASURED BOTH SIDES, DISTINGUISH THEM AS WEARER'S LEFT AND WEARER'S RIGHT SIDES. YOU WILL USE THE LONGER MEASUREMENT TO DRAFT YOUR PATTERN.

IN STEPS BB AND CC, YOU'LL FIRST PLACE THE STICKERS ON THE L-SQUARE AS SHOWN IN THE VIDEO AND BELOW. THEN TO GET THE MEASUREMENTS, SEE THE NEXT PAGE.

STICKER PLACED AT THE MIDDLE OF SHOULDER SEAM



USE YOUR LEVEL TO BE SURE THE RULER IS PARALLEL TO THE FLOOR.



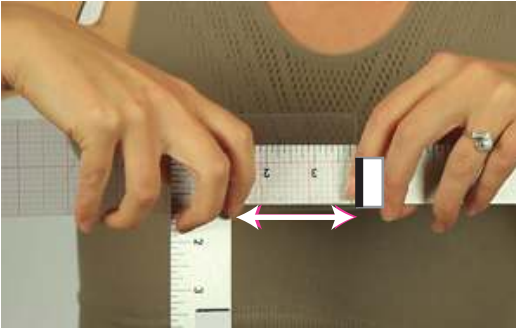
SEE NEXT PAGE FOR OBTAINING THE MEASUREMENTS OF BB AND CC.

Points of Measure - Steps BB, CC & DD

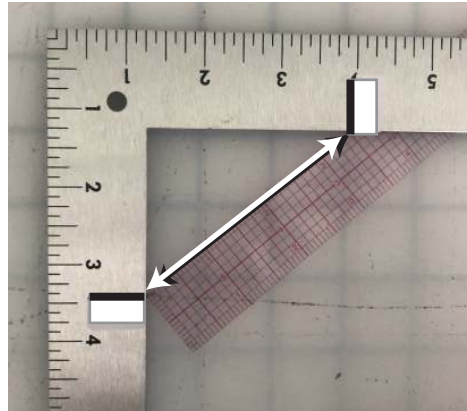
MEASURE THE INNER EDGE OF THE L-SQUARE RULER TO THE LINE ON THE STICKERS AS SHOWN IN THE VIDEO.

BB) CONTINUED...

L-SQUARE PARALLEL TO FLOOR FROM SHOULDER BLADE TO THE MIDDLE OF SHOULDER SEAM (SHOULDER SEAM DART DEPTH CALCULATION)

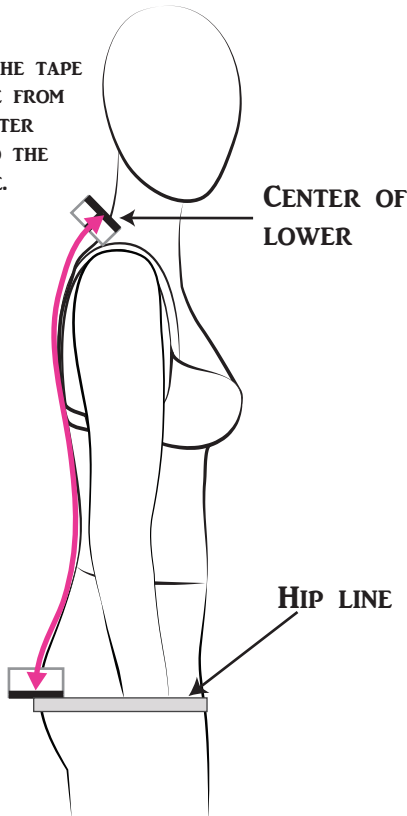


CC) L-SQUARE DIAGONAL (HYPOTENUSE OF TRIANGLE BETWEEN STICKER LINES) (SHOULDER SEAM DART LENGTH CALCULATION)



DD) CB NECK TO HIP (WALKING ALONG CURVATURE OF BACK)

WALK THE TAPE MEASURE FROM THE CENTER BACK TO THE HIP LINE.



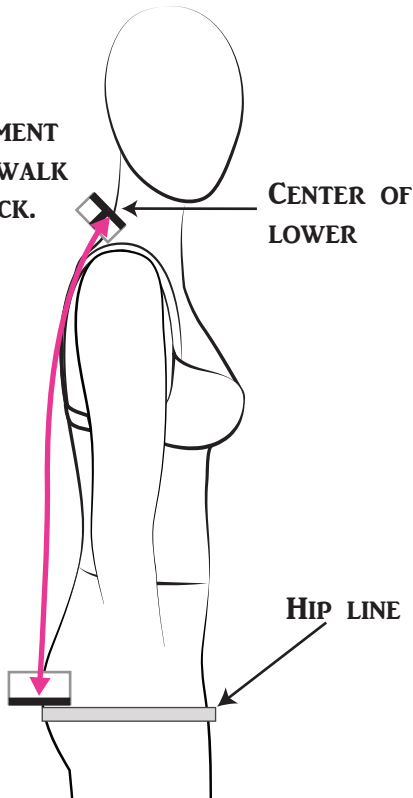
TIP: HAVE THE PERSON HELPING YOU, TAPE THE TAPE MEASURE IN SEVERAL PLACES TO STICK IT TO YOUR BODY. THIS IS A MORE SURE WAY OF GETTING THE "WALKING" MEASUREMENT FOR THOSE WHO ARE NOT USED TO TAKING BODY MEASUREMENTS.



Points of Measure - Step EE

EE) CB NECK TO HIP (STRAIGHT TAPE MEASURE)

THIS MEASUREMENT SHOULD NOT WALK ALONG THE BACK.



THE TAPE MEASURE WILL GO STRAIGHT. FLOATING AWAY FROM THE BODY AT THE WAIST LINE.

Congratulations, you have now taken all of your Body Measurements!

I KNOW, THIS WAS A LOT OF WORK & IT REQUIRED A LOT OF PATIENCE.
TAKING YOUR MEASUREMENTS IS NOT AN EASY TASK!
BUT, NOW YOU'RE DONE AND READY TO MOVE ON TO THE NEXT STEPS :)
GREAT WORK!

You're ready to Make your Moulage!