



# Measurement Guide



# MyBodyModel Measurement Guide

This document includes all the instructions to create your own custom body model croquis templates [in the website](#). You can print these full instructions, or just print the **Quick-Start Guide** on Page 11.

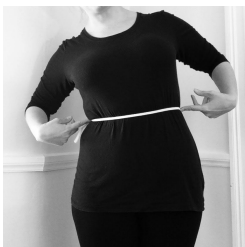
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## Before you begin, here's what you need:

- 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)
- Optional: If possible, recruit a helper to assist with your measurements. If you don't have a helper, it's no problem! We've included some tips on page 10.
- 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: Prepare for measuring



1

Bend your waist to either side and tie a piece of elastic at your natural crease. If your waist naturally creases in more than one spot, choose the highest spot for your waist elastic. Leave it in place because this will help when taking several of the measurements.



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.*



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 2: Take your measurements



We recommend writing your numbers on paper before entering them online. You can print these measurement instructions (pages 2-6) , or just print the **Quick-Start Guide** on Page 11.

Required measurements are marked with an asterisk (\*).

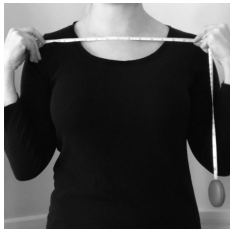


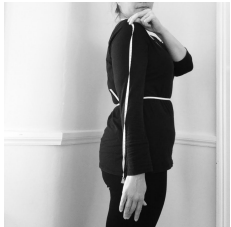
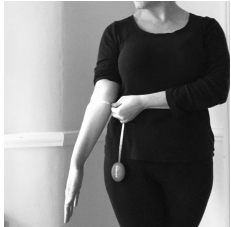
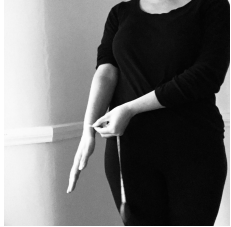
### 1 General

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.
<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 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. <b>Do not enter feet or meters!</b> E.g. If your height is 5'4", write 64. If your height is 1.55 m, write 155.




### 2 Head

DATA FIELD	YOUR RESPONSE	INSTRUCTIONS	PHOTO
<b>*Neck Circumference</b>		Measure around your 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

DATA FIELD	YOUR RESPONSE	INSTRUCTIONS	PHOTO
<b>*Shoulder Width (Front)</b>		<p>Keeping the measuring tape taut (not curved) measure from one shoulder point to the other. These points are marked by the bones at the upper tips of your shoulders, where the shoulder meets the arm.</p> <p>→ If you're wearing a top with set-in sleeves that fit well, <b>do</b> measure from seamline to seamline.</p> <p>→ If you're wearing a cami, tank, or bra top, <b>don't</b> measure from strap to strap as this measurement will be too narrow.</p>	
<b>*Bicep Circumference</b>		<p>Measure around the widest section of the upper arm</p>	
<b>*Forearm Circumference</b>		<p>Measure around your arm at the widest part of your forearm, below the elbow</p>	
<b>*Shoulder to Wrist Length</b>		<p>Measure from the tip of your shoulder cap to your wrist bone.</p>	
<b>Elbow Circumference</b>		<p>Measure around your arm at the widest part of your elbow, with your arm extended.</p>	
<b>Wrist Circumference</b>		<p>Measure around your wrist at the wrist bone.</p>	

## 4 Chest

DATA FIELD	YOUR RESPONSE	INSTRUCTIONS	PHOTO
*High Bust/Chest Circumference		Measure by placing the tape above your bust, around your body just under your arms, with arms down at your sides	
*Full Bust Circumference or <input type="checkbox"/> Omit Bust		Measure by placing the tape around the fullest part of the bust, around your body with the tape measure straight across the back.  →To omit the bust: Skip the Full Bust measurement, and select "Omit Bust."	
*Under Bust/Chest Circumference		Measure around your rib cage by placing the tape just under your bust, with the tape measure straight across the back.  →If you selected "Omit Bust" Try the tips below for Under Chest Circumference	

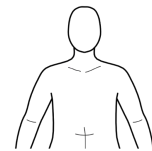
### Tips for the "Omit Bust" option

#### Under Chest Circumference

##### → For a straight chest outline:

Enter a number **slightly lower** than your High Chest Circumference. Try subtracting .5 cm or .25 inches at a time until you get the most accurate result.

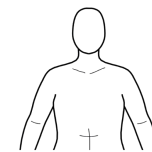
#### SAMPLE CHEST OUTLINES



Under Chest < High Chest



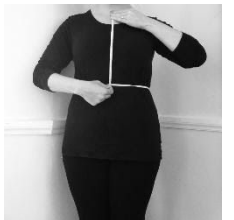
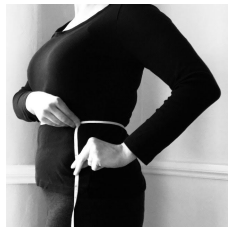
##### → For a slightly curved chest outline:

Enter a number **slightly higher** than your High Chest Circumference. Try adding .5 cm or .25 inches at a time until you get the most accurate result.




Under Chest > High Chest


## 5 Waist

DATA FIELD	YOUR RESPONSE	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.  → If you can't locate your hip bone: Select a point about halfway between your waist and your low hip.	

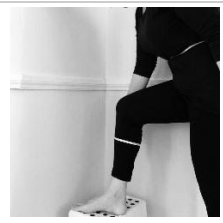
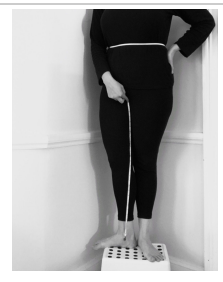
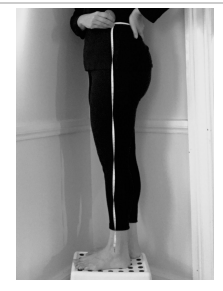
## 6 Hip

DATA FIELD	YOUR RESPONSE	INSTRUCTIONS	PHOTO
<b>*High Hip Circumference</b>		Measure around your body across your hip bones and belly.  → If you can't locate your hip bones: Measure around your belly, about halfway between your waist and low hip.	



<p><b>*Low Hip Circumference</b></p>		<p>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.</p>	
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## 7 Legs

DATA FIELD	YOUR RESPONSE	INSTRUCTIONS	PHOTO
<p><b>*Thigh Circumference</b></p>		<p>Measure around your upper thigh, at the widest part of your thigh</p>	
<p><b>*Calf Circumference</b></p>		<p>Measure around the widest part of your calf</p>	
<p><b>*Inseam</b></p>		<p>Measure from your crotch to just below your ankle bone, along the inside of your leg.</p>	
<p><b>*Outseam</b></p>		<p>Measure from your waist elastic to just below your ankle bone, along the outside of your leg.</p> <p>→Make sure your Outseam measurement is longer than your Inseam measurement.</p>	
<p><b>Ankle Circumference</b></p>		<p>Measure around your ankle at the ankle bone.</p>	

# Huzzah! You've completed the measurements!

(\*Required measurements are marked with an asterisk. All others are optional.)

## Step 3: Enter your measurements in the website

Next [enter your measurements in the website](#), and click "Create My Body Model" to see your free preview.

- ✓ **If your body model preview looks right:** Awesome! You are done & ready to purchase your download package!
- ✗ **If your body model doesn't look quite right:** Now it's time to fine tune. Click "Edit" to return to the measurement form & adjust any numbers as needed.
- ✗ **If your body model looks reeeeeeally weird:** There may be a typo! Click "Edit" to return to the measurement form & look for any misplaced decimals or other measurement errors.

## Step 4: Click "Edit" and fine tune

You can make unlimited edits, and you can get unlimited free previews of your body model. This way, you can make sure your body model is just right before you purchase. Below are some optional adjustments that might be helpful, located in the measurement form section **8: Optional Adjustments**.

### 8 Optional Adjustments

Choose from these optional adjustments **after** you've checked out your free preview image. Your body model preview will help you see if any optional adjustments are needed, and if so, which ones.

<b>Bustline Height</b>	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>Bust Span</b>	You can adjust your bust span manually by editing your <b>High Bust Circumference</b> in <b>Section 4. Chest</b> . Try adjusting this number by just 1-2 cm/in at a time until you get the best result.  →To move the breasts closer together: Decrease the High Bust Circumference  →To move the breasts further apart: Increase the High Bust Circumference

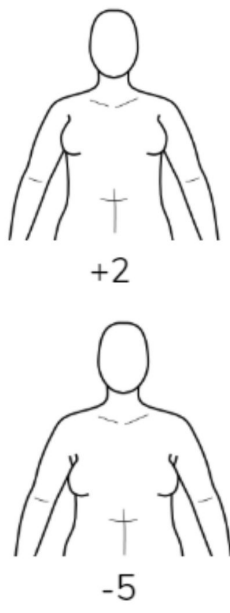
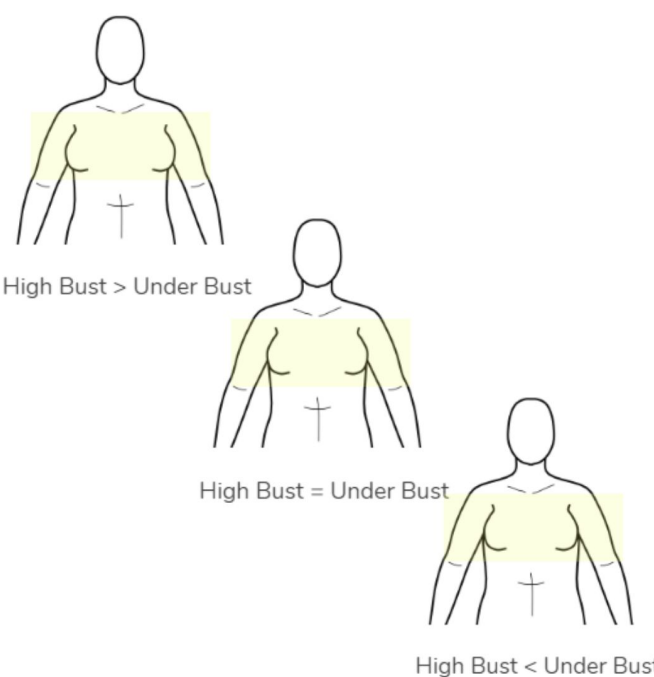
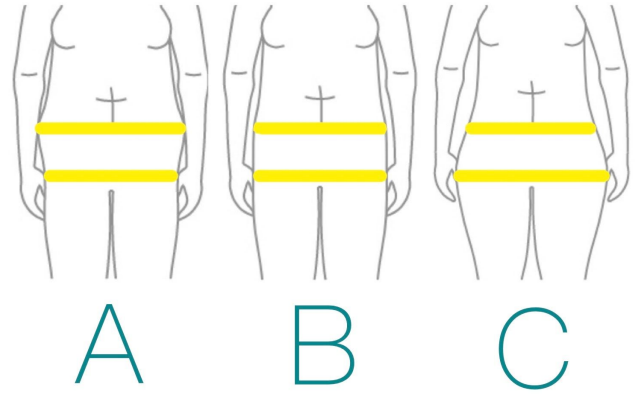
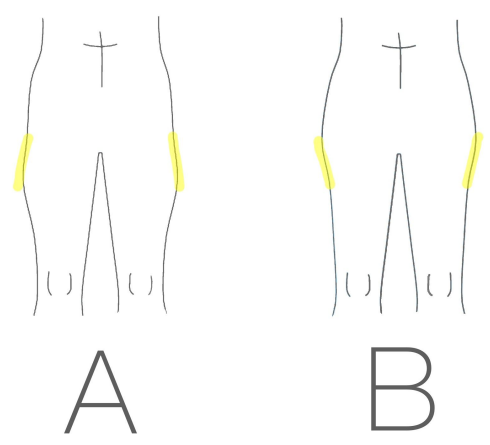


<p><b>Hip Curve</b></p>	<p>Looking at your body in the mirror from the front, compare the visual width of your <b>high hips</b> and your <b>low hips</b>. Imagine that you're drawing a horizontal line directly across each area to determine if one is visually wider than the other.</p> <p>Select one of these options IF the hip rendering in your body model preview isn't accurate:</p> <ul style="list-style-type: none"> <li>A. My high hips are wider than my low hips.</li> <li>B. My high hips and low hips are the same width.</li> <li>C. My high hips are narrower than my low hips.</li> </ul> <p>→If you prefer to adjust your hip curve manually, select "<b>No Adjustment</b>" here and edit your numbers directly in Section 6. Hip.</p>
<p><b>Thigh Curve</b></p> <p>We are beta testing this new adjustment option. Please send feedback to <a href="mailto:help@mybodymodel.com">help@mybodymodel.com</a>.</p>	<p>Looking at your body in the mirror from the front, compare the visual width of your upper thighs and low hips.</p> <p>Select one of these options IF they describe your shape:</p> <ul style="list-style-type: none"> <li>A. My upper thighs are wider than my low hips</li> <li>B. My upper thighs are narrower than my low hips</li> </ul> <p>→Select "<b>No Adjustment</b>" if neither of these options is correct, or if you prefer to adjust your thigh curve manually within the measurement fields.</p>

Sample illustrations are included on the next page.

## Optional Adjustments: Sample Illustrations

Please note: The Optional Adjustment illustrations below are provided as examples only. All bodies are different and there's no one right way to be.

<p style="text-align: center;"><b>Bustline Height</b></p> 	<p style="text-align: center;"><b>Bust Span</b></p> 
<p style="text-align: center;"><b>Hip Curve</b></p>  <p style="text-align: center;">A      B      C</p> <p>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.</p>	<p style="text-align: center;"><b>Thigh Curve</b></p>  <p style="text-align: center;">A      B</p> <p>A. My upper thighs are wider than my low hips          B. My upper thighs are narrower than my low hips</p>

## Measuring solo?

Here are our top 5 tips for measuring yourself without a helper:

1. Try a measuring tape that is weighted on one end, or weigh down the end with paper clips.
2. Stand in front of a mirror to make sure the measuring tape is straight and that you're measuring as symmetrically as possible.
3. Use a rubber band or hair tie to secure the end of the measuring tape, for example to your wrist or ankle.
4. For length measurements, you can stand up against a wall, and use erasable chalk to mark your body points on the wall; then step away and measure the wall.
5. Don't worry about small inaccuracies - You can always edit the numbers if your preview doesn't look right!

## Additional tips

- If your body model preview doesn't look right, click "Edit" and check for typos or errors. 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 the bust is rendering too small, increase the Full Bust Circumference. If the bust is rendering too large, decrease the Full Bust Circumference.
- 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? See examples of how people 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 just 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!

## 1. General

\*Body Model Name

\*Inches or Centimeters

\*Line Color

\*Height

## 2. Head

\*Neck Circumference

\*Neck Length

## 3. Arms and Shoulders

\*Shoulder Width (Front)

\*Bicep Circumference

\*Forearm Circumference

\*Shoulder to Wrist Length

## 4. Chest

\*High Bust/Chest Circumference

\*Full Bust Circumference

Optional adjustment:  Omit Bust

\*Under Bust/Chest Circumference

## 5. Waist

\*Waist Circumference

\*Neck to Waist (Back)

\*Neck to Waist (Front)

\*Waist to Hip Bone

## 6. Hip

\*High Hip Circumference

\*Low Hip Circumference

## 7. Legs

\*Thigh Circumference

\*Calf Circumference

\*Inseam

\*Outseam