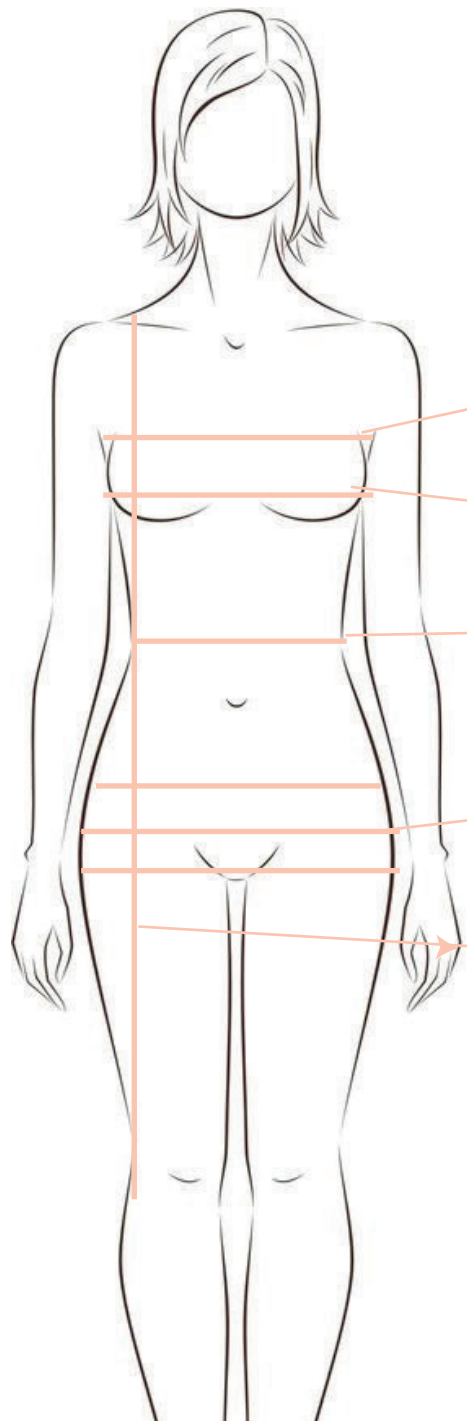


# Sew To Grow

## Measurment Chart



Size in CM or IN

Size on Chart

Upper Bust: \_\_\_\_\_

Full Bust: \_\_\_\_\_

Waist: \_\_\_\_\_

High Hip: \_\_\_\_\_

Mid Hip: \_\_\_\_\_

Low Hip: \_\_\_\_\_

Length of Hem: \_\_\_\_\_

### Tips for getting accurate measurements:

- Wear a well fitting bra, or the bra you plan on wearing under the garment you are making. There can be a large size difference between wearing a sports bra, regular bra, bralette, push up bra, or no bra at all.
- Relax and don't suck it in. We want to choose the right size that is comfortable and easy to wear.
- Try to wear a tight top and leggings when measuring to get close to the skin.
- Do not add ease or slack when measuring. Make sure the tape measure is taut.

### MEASUREMENTS:

	XS	S	M	L	XL	2XL	3XL	4XL
Upper Bust and Bust	33-34" (84-87cms)	35-36" (89-91cms)	37-38" (94-96cms)	39-40" (99-101cms)	41-42" (104-106cms)	43-44" (109-112cms)	45-46" (113-117cms)	47-48" (119-122cms)
Waist	25-27" (63-68cms)	28-30" (71-76cms)	31-33" (79-84cms)	34-35" (86-89cms)	36-38" (91-96cms)	39-40" (99-102cms)	41-42" (104-107cms)	43-44" (109-112cms)
Hips	35-36" (89-92cms)	37-38" (94-96cms)	39-40" (99-101cms)	41-42" (104-106cms)	43-44" (109-111cms)	45-46" (114-117cms)	47-48" (119-122cms)	49-50" (124-127cms)