



Knit To Fit

**Measurement Guide and
Calculation Work Sheets**

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Knitting Calculation Work Sheet

Measurements for _____

_____” Bust/Chest Front

_____”Bust/Chest Back

_____” Shoulder Width

_____ Shoulder Slope

_____” Shoulder To Elbow

_____” Elbow To Wrist

_____” Sleeve Length (Total)

_____” Neck Width Front

_____” Neck Width Back

_____” Front Neck Depth

_____” Back Neck Depth

_____” Front Waist Width

_____” Back Waist Width

_____” Front Hip Width

_____” Back Hip Width

_____” Garment Length Shoulder To Finished Length

_____” Garment Length Underarm To Finished Length

Type Of Knit Garment_____

Knitting Calculations For_____

Yarn_____

Stitch Gauge_____sts= 1" (2.54 cm)

Row Gauge_____R= 1" (2.54 cm)

Garment Front

Cast On Stitches Lower Front Cardigan/Coat_____Pullover_____

Stitches To Increase_____ For Pullover Divided By 2_____

Increase every _____# Rows X_____

Bind Off At Underarm Row Count #_____ # stitches_____

Armhole Shaping

Decrease ___times 1 each armhole every _____# of R

Shoulder Shaping Start At Row Count #_____

Bind Off _____# Stitches every _____# Rows

Neckline Shaping Start At Row Count #_____

Continued

Knitting Calculations For _____

Garment Back

Cast On Stitches Lower Back _____

Stitches To Increase _____ Divided By 2 _____

Increase every _____ # Rows X _____

Bind Off At Underarm Row Count # _____ # stitches _____

Armhole Shaping

Decrease ___ times 1 each armhole every _____ # of R

Shoulder Shaping Start At Row Count # _____

Bind Off _____ # Stitches every _____ # Rows

Neckline Shaping Start At Row Count # _____

Continued

Knitting Calculations For _____

Sleeve

Cast On Stitches Wrist _____

Stitches To Increase _____ Divided By 2 _____

Increase every _____ # Rows X _____

Bind Off At Underarm Row Count # _____ # stitches _____

Armhole Shaping

Decrease ___ times 1 each side every _____ # of R

Sleeve Shaping Start At Row Count # _____

Decrease ___ times 1 each side every _____ # of R

Bind Off _____ # Stitches At Top Of Sleeve

Additional Help For Selecting Your Knit Garment Style

Types Of Armholes

Slightly Extended +1/4- 3/4"

Extended Type 1 + 7/8- 3" also adds to underarm increasing body size

Extended Type 2 drops armhole below underarm 1/2 - 1"

Dropped shoulder Measure difference in your shoulder length and schematic
Adds to underarm width 1/2- 1" increasing body size

Pattern Grading 1-2" difference in each garment depending on style

Wearing Ease The minimum fullness necessary in a garment, over and above body measurements, to allow the wearer to move about comfortably.

Designer Ease The amount of fullness added to the garment, over and above wearing ease, to give the garment the look that the designer intended.

Measurements additional information is available to show how to take more extensive measurements as shown below. You can find that information at <http://www.knittingtofit.com> click on tools and look for 28 measurements

28 Recommended Body Measurements

Body Symmetry is it the same on both sides of body or not

Shoulder Angle

Armhole Depth and Angle

Hip contour

Figure Stance

Proportion Proven formula for your clothing placement based on your personal bone structure. Find out more at <http://www.bodygramfashion.com> and <http://www.bodygramfashiontool.com>

Stretch Of Yarn Knit 4" Swatch-See How Much It Stretches When Pulled in both directions—May need to knit a smaller size if swatch stretches more than 2 additional inches. Treat swatch the same way you would be caring for garment.