

# The Four Height Zones

Measure your body between the dotted red lines and record your measurement for each zone.

Armhole Depth: \_\_\_\_\_

(Measure from the top of your shoulder to your underarm.)

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

(Measure from your underarm to your natural waist.)

Crotch Depth/Rise Length: \_\_\_\_\_

(Measure from your natural waist to your crotch.)

Total Leg Length\*: \_\_\_\_\_

(Measure from your crotch to your ankle.)

(\*Optional: You can break this zone into two separate measurements if your pattern has design elements or shaping around the knee)

\*Knee Height:  
Optional 5th Zone

Knee Height: (Crotch to Knee): \_\_\_\_\_

(Measure from your crotch to the middle of your knee.)

Knee Height: (Knee to Ankle): \_\_\_\_\_

(Measure from the middle of your knee to your ankle.)

