

FIT · FLATTER · FUNCTION · FABULOUS

# Quick Start Fit Guide



WRITTEN BY

*Zahiyza A.*



# Welcome

Hey sis,

You did it — you joined the CMC Collective! This space is all about creating clothes that honor you: your curves, your style, your values. Today, we're kicking things off with your First Fit Check — a simple, powerful exercise that will help you see your body as data (not judgment) and celebrate your unique shape.

## The 4F Framework

**Fit:** Patterns that honor your true measurements.

**Flatter:** Shapes that highlight what you love most.

**Function:** Wardrobe pieces that support your daily life.

**Feel Fabulous:** Sewing that lifts your confidence and spirit.ii

Sincerely

*Zahiyza A.*

# The 4F Framework

YOUR PATH TO CLOTHES  
THAT CELEBRATE YOU

The 4F Framework breaks down fitting into four powerful steps that work together to help you create garments you'll love wearing. Think of it as your personal fitting compass—always pointing you toward confidence. This guide is for F1- Fit.

F1

## FIT

Getting the Foundation Right  
Your measurements are just data—powerful data that helps you create clothes that work with your body, not against it. Let's gather what you need.

F3

## FLATTER

Highlighting What You Love  
You get to decide what you want to emphasize. This is where you make the garment uniquely yours.

F2

## FUNCTION

Making Sure It Works for Your Life  
Function is about more than just "does it fit?" It's about whether your garment moves with you, supports you, and handles your real life.

F4

## FEEL FABULOUS

The Heart of Why We Sew  
This is the moment everything comes together. How do you want to feel when you're wearing what you've created?

# Gather Your Tools

## 01



### **Flexible measuring tape**

A printable tape is included in this guide on page 07

### **Measurement worksheet**

Included on page 09

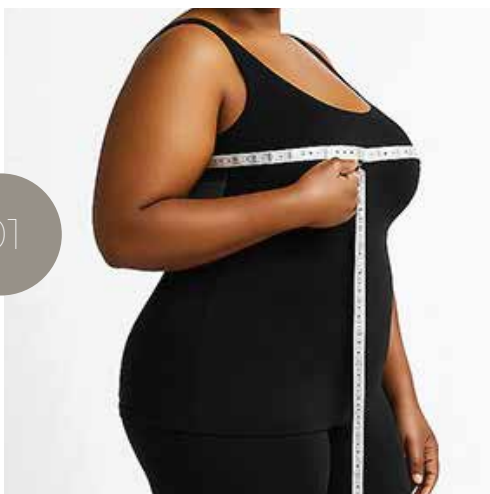
### **Full-length mirror**

### **A pen/pencil**

# Key Measurements

Your measurements are just data—powerful data that helps you create clothes that work with your body, not against it. Compare your bust, waist, and hip numbers. Circle the area most different from 'standard' sizing. That's your first fit priority. Let's gather what you need.

01



## Bust

The fullest part (yes, with your favorite bra on)

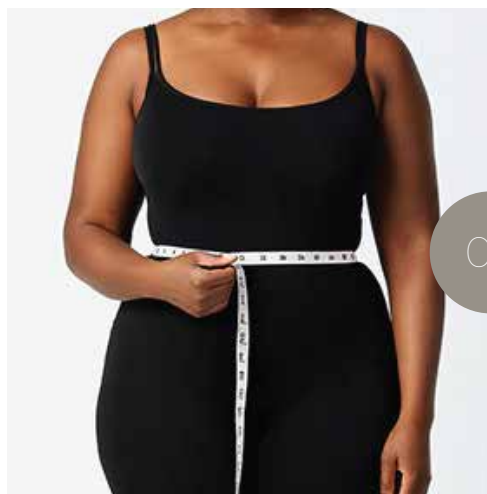
\_\_\_\_\_ inches/cm

## Waist

Where you naturally bend to the side

\_\_\_\_\_ inches/cm

02

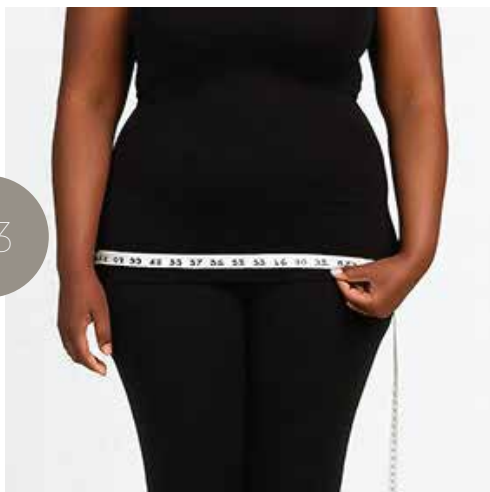


## Hip

The fullest part (usually 7-9 inches below waist)

\_\_\_\_\_ inches/cm

03



# Measure Like a Pro

## Best Practices

- Wear something fitted and comfortable
- Stand naturally—no sucking in, no judgment
- Keep the tape snug but not tight (you should be able to slip a finger underneath)
- Write everything down immediately (trust me on this one)
- Update every 6 months or after body changes

## Understanding Ease

Ease is your friend. It's the difference between your body and the garment, and it's what lets you move, breathe, and feel comfortable.

- **Negative Ease:** Body outline with garment usually smaller than body.
- **Fitted Ease (2-4"):** Body with garment slightly larger, small gap between body and garment.
- **Loose Ease (6"+):** Body with noticeably larger garment, larger gap between body and garment.

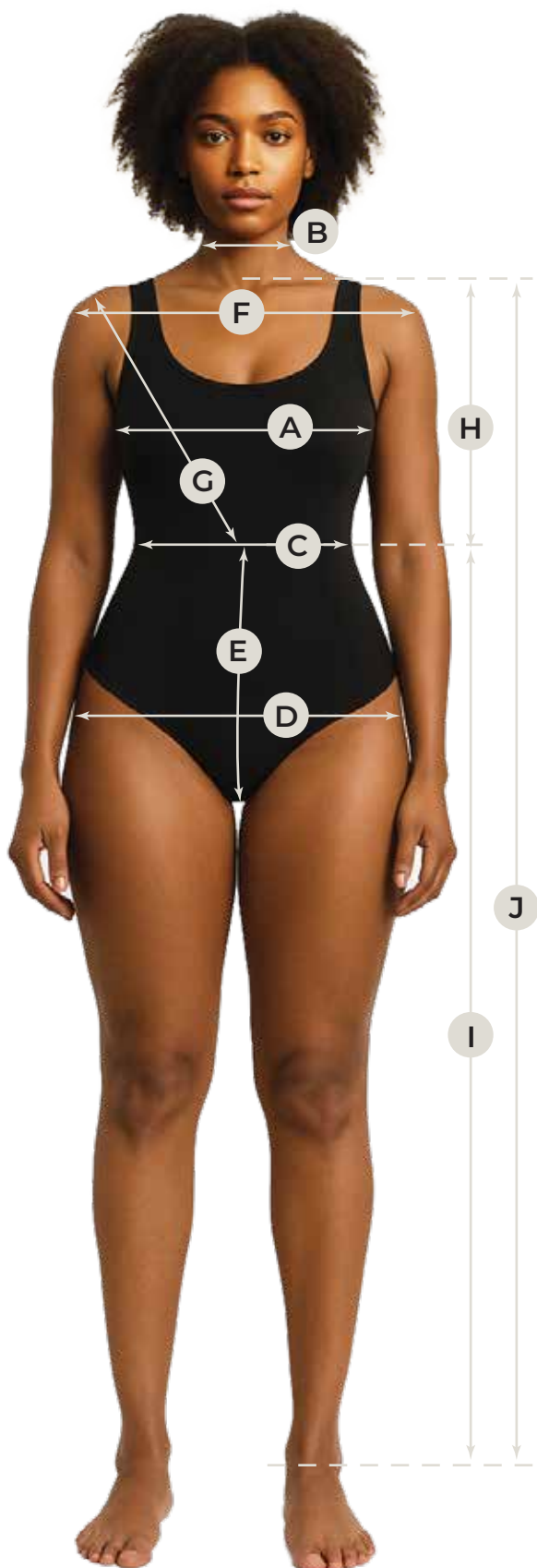
## Ease Guidelines

- **Negative ease:** Fabric stretches to fit (knits, activewear)
- **Zero ease:** Hugs your body exactly
- **Positive ease:**
  - Adds room for comfort and style
  - 0-2": Close-fitting
  - 2-4": Fitted
  - 4-6": Semi-fitted
  - 6"+: Loose/oversized
  - Finished Garment Measurement - Body Measurement = Ease  
Example: 45" (garment hip) - 42" (body hip) = 3" ease

### Your Action Step:

Measure yourself today and record everything in on the next two pages. You are enough, exactly as you are right now.

# Front Measurements



## A. Chest Circumference

Measure around the chest, crossing the bust points and parallel to the floor

\_\_\_\_\_ inches/cm

## B. Neck Circumference

Measure around the middle of your neck and parallel to the floor

\_\_\_\_\_ inches/cm

## C. Natural Waist

Measure the circumference of your natural waist, usually an inch above your belly button and parallel to the floor.

\_\_\_\_\_ inches/cm

## D. Hip Circumference

Measure the circumference of the fullest area of your hips and parallel to the floor.

\_\_\_\_\_ inches/cm

## E. Crotch length

Measure from the middle of your natural waist in front inbetween your legs to your natural waist in the back

\_\_\_\_\_ inches/cm

## F. Front Shoulder Width

Wearing a tailored shirt, measure from shoulder seam to shoulder seam

\_\_\_\_\_ inches/cm

## G. Front Shoulder Slope

Wearing a tailored shirt, measure from right shoulder seam to an inch above belly button at your natural waist

\_\_\_\_\_ inches/cm

## H. Front Bodice Length

Measure from the middle of your collar bone @ the highest point on your shoulder (HPS) to your natural waist

\_\_\_\_\_ inches/cm

## I. Front Skirt Length

Measure from your natural waist at front to your ankle

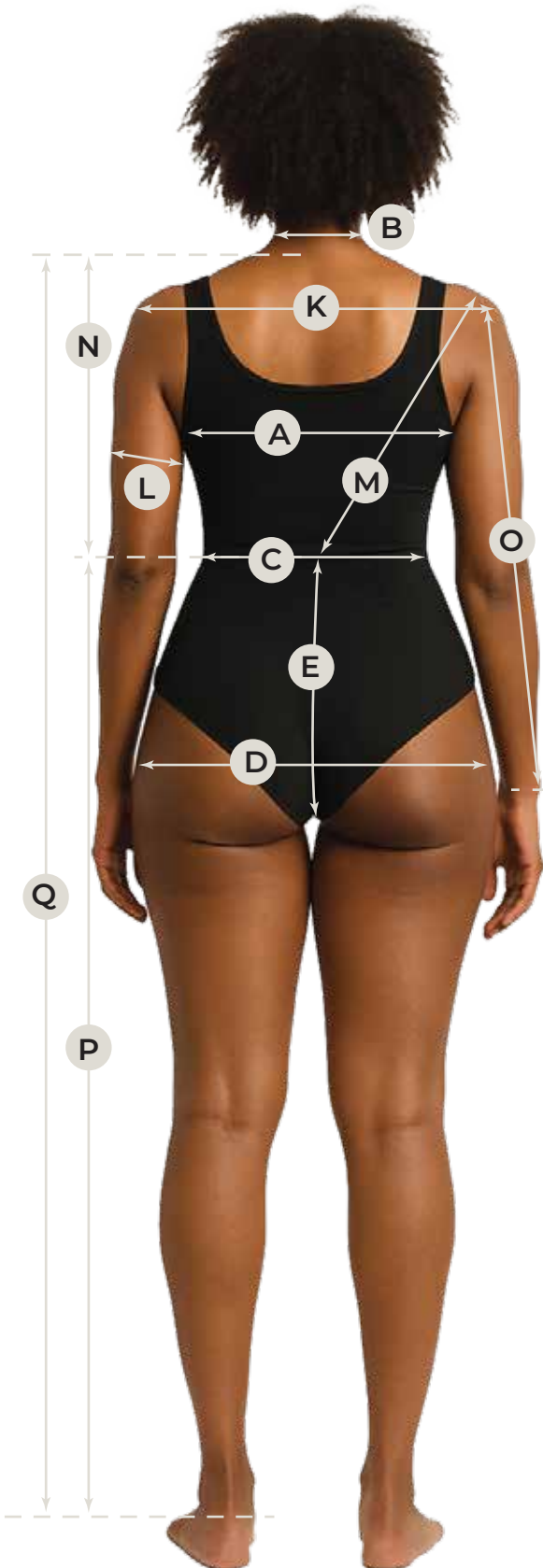
\_\_\_\_\_ inches/cm

## J. Front length

Measure from the middle of your collar bone at the highest point on your shoulder (HPS) to your ankle

\_\_\_\_\_ inches/cm

# Back Measurements



## K. Back Shoulder Width

Wearing a tailored shirt, measure from shoulder seam to shoulder seam

\_\_\_\_\_ inches/cm

## L. Bicep Circumference

Measure the widest area of your arm between the shoulder and elbow

\_\_\_\_\_ inches/cm

## M. Back Shoulder Slope

Wearing a tailored shirt, measure from left shoulder seam to right above middle of your back at your natural waist

\_\_\_\_\_ inches/cm

## N. Back Bodice Length

Measure from the middle of back neck to your natural waist

\_\_\_\_\_ inches/cm

## O. Arm Length

Wearing a tailored shirt, measure from shoulder seam to your wrist

\_\_\_\_\_ inches/cm

## P. Back Skirt Length

Measure from your natural waist @ back to your ankle

\_\_\_\_\_ inches/cm

## Q. Back Length

From the back, measure from the highest point at your shoulder (HPS) to your ankle

\_\_\_\_\_ inches/cm

# Printable Measuring Tape

## WHAT YOU NEED

Printer, Scissors, Clear tape

## HOW TO ASSEMBLE

1. Print the measuring tape
2. Before cutting, use a ruler to check the accuracy of the tape. It's important that you follow the printing instructions below.
3. Cut along horizontal lines. Place the right hand side of each strip on top of the corresponding left hand side of the following strip.
4. Use clear tape to attach the pieces in order.

## IMPORTANT: MEASURING TAPE MUST PRINT IN ACTUAL SIZE

Depending on your version of Acrobat Reader, be sure either "Fit to page" or "Shrink oversized pages to paper size" is NOT checked in the Print dialog box. To be sure it printed correctly use a ruler to measure one inch to make sure its accurate.

## MEASURING TIPS

1. It will be easier to take your measurements if you wear a shirt and a pair of pants that fits you well. You can use them as a guide. Get a friend or relative to help you measure if you can.
2. I recommend you to take each measurement twice in order to confirm it.
3. Keep a relaxed and natural posture during the measuring process.

