

Use this worksheet for tips and note taking while following the Fitting Checklist Video (SP14):

**Tip #1: Take “Before” Photos**

Notes:

**Tip #2: Take a look at your paper draft**

Notes:

**Tip #3: If it ain't broke, don't fix it.**

Notes:

**Important “Ain't broke” tip:** Resist the urge to change the shape of the skirt block portion of your draft. The fit of the skirt block is already “tried and true” (aka “ain't broke”). Unless it is a simple “take in” or “let out”, **try to solve all your fitting puzzles in ways that *do not* skew the skirt block's original shape.**

## Fitting Checklist Worksheet

### Tip #4: Double check all previous work

Notes:

#### Important “Double check all previous work” tip:

This also includes your skirt block, which is the foundation for all of your pants work. Spending time getting your foundation in order will pay off!

Revisiting all previous TEAM TIPS could also really help with your fitting!

### Tip #5: Fit from the top down

Notes:

#### Important “fit from the top down” tips:

**Waist at natural waist and hipline parallel to the floor:** These should fit just like they did in your well-fitting skirt block. Feel free to take in or let out if you have a different fit preferences in skirts and trousers, but again, **try to solve your fitting puzzles in ways that do not skew the skirt block’s original shape.** If you cannot get your mockup’s waistline to match your waist and/or cannot get your hipline straight like it was in your skirt, **experiment with adjusting the new bits *below the hip line*** until the skirt block portions of your draft are able to get back to their “tried and true” positions on your body. Then, *when the top is at the top*, you’ll “fit from the top down...”

**Clipping:** Don’t forget to clip! If you lower your crotch seam, remember to clip to your stitching line and press it open. If you move a seam into a clipped area, remember to repair the clips. Skipping this step can cause false reads on your experiments.

# Fitting Checklist Worksheet

## In a well-fitting wide leg trouser block:

- Waist follows natural waist (just like the skirt)
- Hipline parallel to the floor (just like the skirt)
- Side seams perpendicular to the floor (just like the skirt)
- Fabric follows the torso in front (instead of a culotte fit)
- Fabric falls straight off the bum in back (instead of a jeans fit)
- Fabric falls straight off the hips on the sides (just like the skirt)
- Crotch seam follows the body comfortably
- Knee line at center of knee
- Ankle line at ankle
- Centerlines down the centers of your legs
- Absence of any major wrinkles when standing relaxed

## Things to Remember:

**This is a block** (which will look block-y), **not a pants pattern**. I'll show you how to turn it into styles you prefer for pants when we get into the Pattern & Design Chapter.

## Take your time with your trouser block before moving on to jeans!

Just as we used our well-fitting skirt blocks as our foundation to create our trouser blocks, we will use our well-fitting trouser blocks (and our well-fitting skirt blocks) as our foundation to create our jeans blocks.

*(And feel free to work only on trousers during class and save the chapter on jeans for later or for an alumni session.)*

**Ask for help!** Every body is unique and I love fitting puzzles.

**Share!** Do you have fitting discoveries, puzzles, or tips to share?