

FIT CLINIC

EPISODE 5



PANT FITTING ESSENTIALS

Making a pair of perfectly fitting pants is possible, with a little bit of patience and a few of these fit adjustments. It may be challenging, but once you master the fit issues for YOUR body, every pair of pants you make will benefit!

Remember to take it slow, approach each fit issue one step at a time, and make multiple muslins until you get it right.

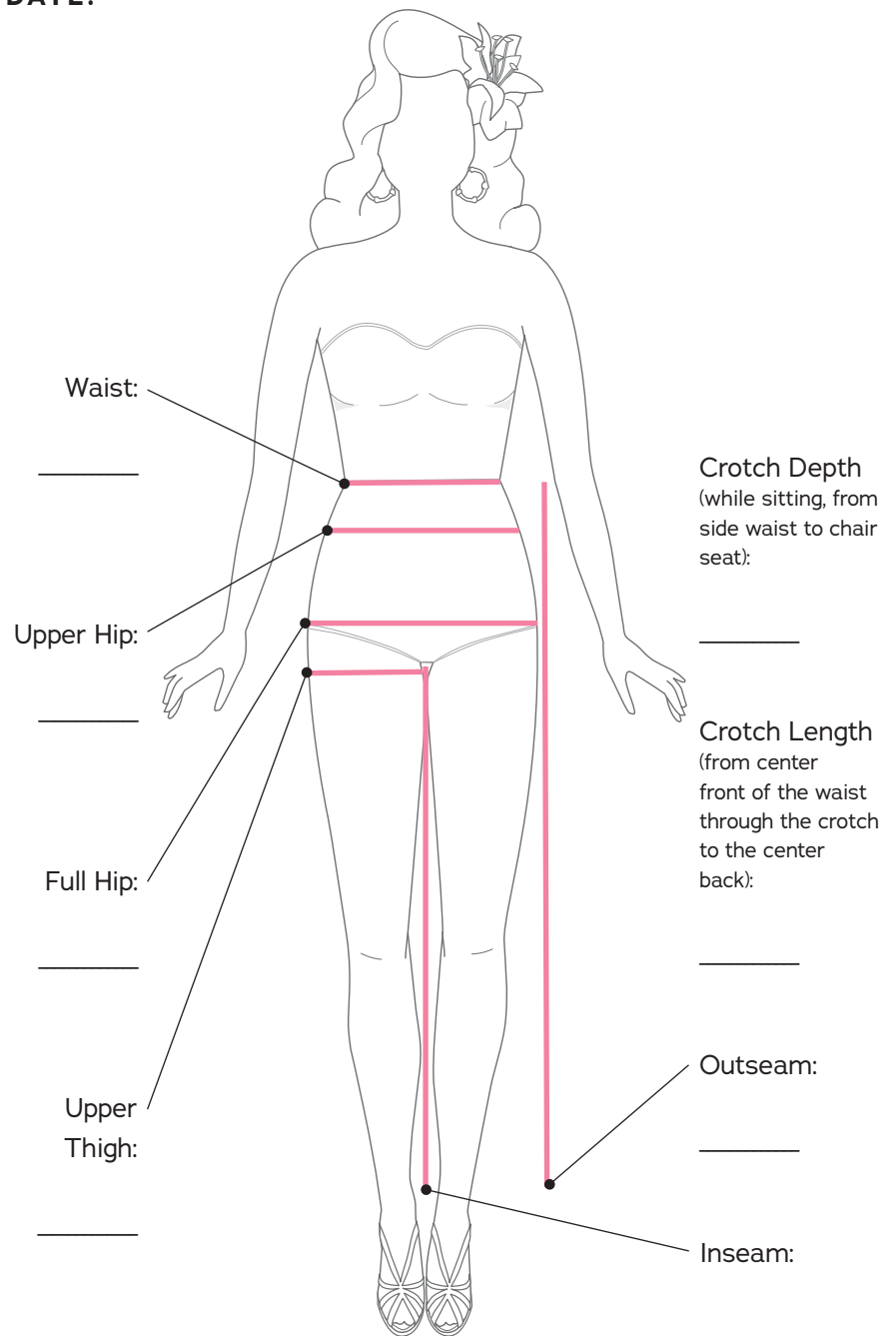
xoxo, *Gertie*

FITTING PANTS STEP-BY-STEP

1. Take accurate measurements of your body.
2. Choose your size based on your hip measurement and adjust at the waist side seam if needed.
3. Make your first muslin.
4. Determine the biggest issue in your muslin.
5. Fix that issue and make another muslin, making sure to adjust all affected pattern pieces (waistbands, pockets, facings, etc.).
6. Repeat steps 4 and 5, keeping track of every pattern adjustment you make.
7. Once you have a pair of perfectly fitting pants, CELEBRATE!

MY PANTS MEASUREMENTS

DATE:



PANTS FITTING CHECKLIST

FIT ISSUE	IF	THEN
Waist Is Too High Or Too Low	...you are petite or short-waisted and want to lower the height of the waist	...make an even adjustment to shorten the rise at the Crotch Length Adjustment line on front and back
	...you are high-waisted or want to raise the height of the waist	...make an even adjustment to lengthen the rise at the Crotch Length Adjustment line on front and back
Waist Is Too Tight Or Too Loose	...the waist is tight and you have a full belly	...add to the waist at the side seams ...and/or do a Full Belly Adjustment (and don't forget to adjust the waistband, too!)
	...the waist is loose and you need to remove for less belly	...remove from the waist at the side seams ...and/or reverse the Full Belly Adjustment by slashing and overlapping (and don't forget to adjust the waistband, too!)
	...the waistband is loose and gapes at center back	...take in the center back seam at the waist, tapering to nothing halfway down the butt, and then remove an equal amount from the waistband
	Both Crotch & Butt Are Droopy Or Too Tight	...you have a droopy crotch & butt, frown lines (drag lines that go down diagonally from the crotch), and baggy upper thighs
...you have a tight crotch & butt, smile lines (drag lines that go diagonally up from the crotch), and tight upper thighs		...redraw the crotch curve to be longer on the pants front and back
Just The Crotch Is Baggy Or Too Tight	...you have a droopy crotch with frown lines	...make an uneven Crotch Length Adjustment on the pants front to shorten the crotch length only
	...the crotch is all up in your business with smile lines	...make an uneven Crotch Length Adjustment on the pants front to lengthen the crotch length only
Just The Butt Is Baggy Or Too Tight	...you have a droopy butt with frown lines	...make an uneven Crotch Length Adjustment on the pants back to shorten the crotch length only
	...the butt seam is all up in there and you have smile lines across the back	...make an uneven Crotch Length Adjustment on the pants back to lengthen the crotch length only
	...you have a nice big full booty	...add width to the butt at the side seams on the back only or do a Full Seat Adjustment
	...you have a full booty and the waist is pulling down at the center back	...do a Full Seat Adjustment to add width and length (watch the video for details!)
	...you have a full booty and bagging underneath the butt	...add length/width as above, but then slash and overlap just below the crotch point on the back only to remove length from the inseam
	...you have less booty	...remove width at the side seams on the back only
	...you have less booty and the waist is riding too high (and might be baggy)	...do the reverse of a Full Seat Adjustment, slashing and overlapping to remove width and length (watch the video for details!)

NOTES

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