

SHAPING WORKSHEET

GAUGE ___ sts = 1" and ___ rows = 1"

BODY MEASUREMENTS

Bust:

Waist:

Hip:

SHAPING CALCULATION

Total # rows:

of shaping rows:

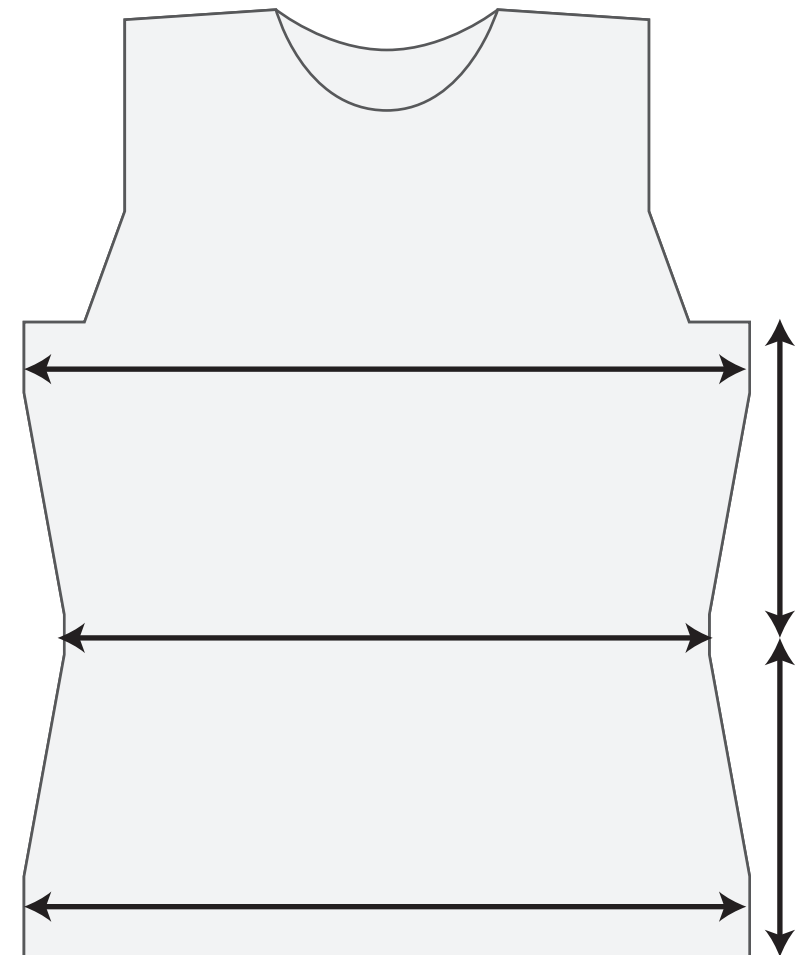
Rate of shaping:

GARMENT MEASUREMENTS

Bust:

Waist:

Hip:



INSTRUCTIONS

Work shaping row every _____ rows

_____ times total: _____ sts total.