



CUT N STITCH

Printable Measuring Tape

What you need

- A printer
- Scissors
- Clear tape
- A friend or relative that helps you measure would be great!

How to assemble the measuring tape

1. Print the measuring tape
2. Cut along dotted lines
3. Use the clear tape (better than glue) to attach the pieces in order
4. Use a ruler to check the accuracy of the tape. It's important that you follow the printing instructions in order to print the tape in real size. After you check it the measuring tape is ready to use.

IMPORTANT: How to print it in REAL 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.

If you have:

- ▶ *Acrobat Reader 6 or 7*, please **ensure that "None" is selected in the drop down list next to "Page Scaling"**.
- ▶ *Acrobat Reader 5*, please **ensure that the "Fit To Page" option is NOT checked**.
- ▶ *Acrobat Reader 4*, please **ensure that the following boxes are UNCHECKED** in the print dialogue box:
 - Shrink oversized pages to paper size
 - Expand small pages to paper size
 - Auto-rotate and center

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. It's also recommended not to wear jeans (the cut is different) . Remember to empty your pockets before measuring!
2. We recommend you to take each measurement twice in order to confirm it.
3. Keep a relaxed and natural posture during the measuring process.



