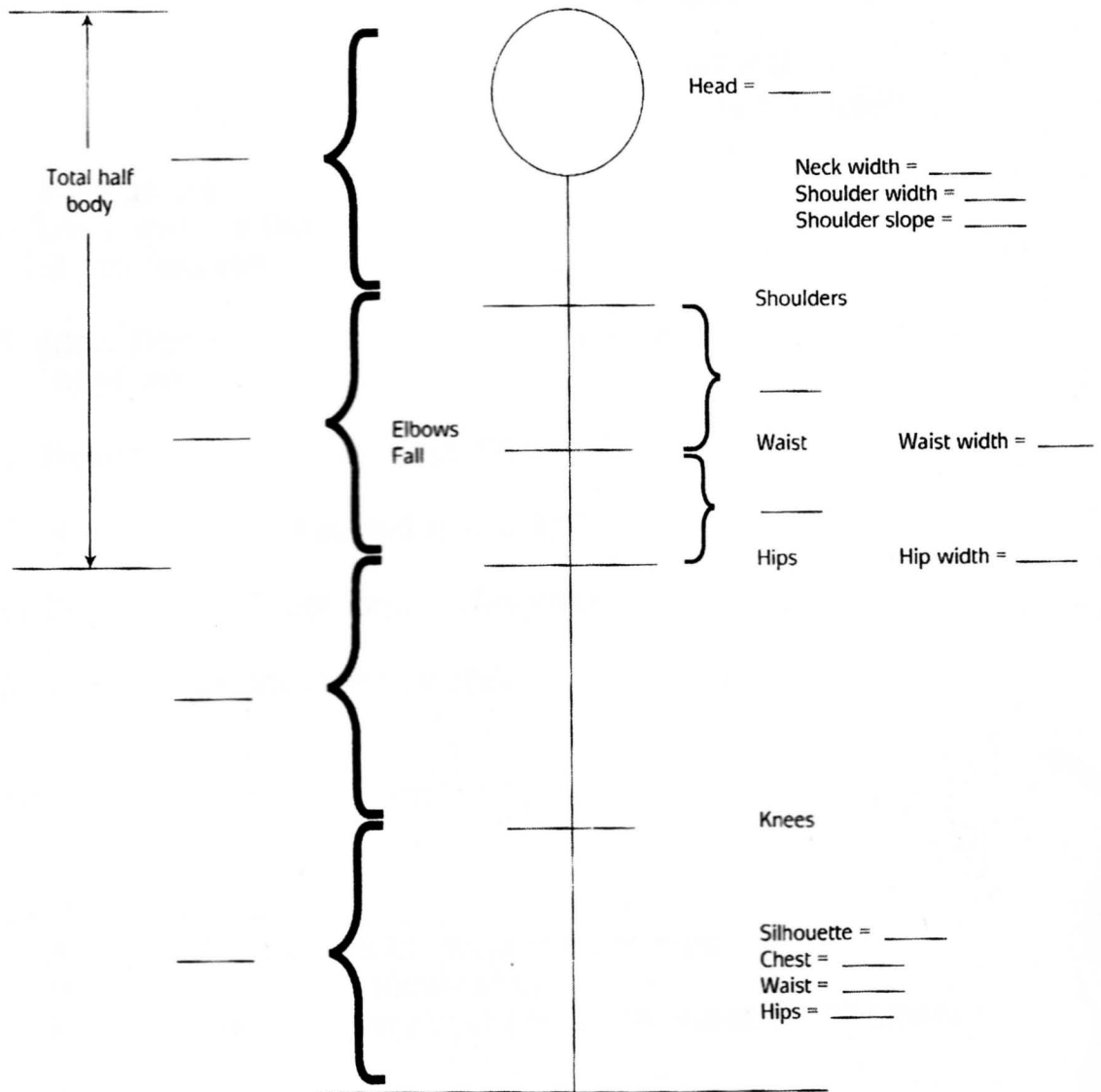


Figure Analysis

Body Proportion Personal Summary

An ideally proportioned body can be divided into four equal parts:
How are your proportions?



Marshall, S. G., Jackson, H. O., Stanley, M.S., Kefgen, M., & Touchie-Spect, P.
(2004). *Individuality in clothing selection and personal appearance*.
Upper Saddle River, N. J.: Prentice Hall.

1. My shoulders appear to be wide, narrow, balanced
2. My waist is:
 - Small: 10" smaller than chest
 - Average: 9-10" smaller than chest
 - Large: 8" or less smaller than chest
3. The waist is ideally $\frac{1}{2}$ the distance between the underarm and hip, I am:
 - Short waisted, waist is greater than 1" above ideal
 - Long waisted, waist is greater than 1" below the ideal
4. My legs are:
 - Long, greater than half my body height
 - Short, less than half the body height
5. Ideal Hips are 1" narrower than shoulders, my hips are:
 - wide narrow balanced
6. My elbows fall at the waist-T/F
7. My fingertips fall at mid thigh- T/F
8. Body Type: Endomorph Mesomorph Ectomorph
9. I feel my greatest assets are:
10. I feel my liabilities are:
11. My body type is: _____
 - A - narrow shoulders in proportion to hips
 - H - little or no waist indentation
 - X - chest and hips are about the same, waist is 10" smaller
(Balanced)
 - Y - shoulder width exceeds hip width
 - I - appears angular and tall shoulders and hips are close in measurement waist has little indentation

Style Suggestions For My Body Type

A

A Body Type
has narrow shoulders in proportion to hips.

Suggestions:

Shoulder pads will help to balance hips.

Boat neckline

Peasant blouses

Wide jacket lapels

Horizontal bodice lines

Shoulder yokes

Kimono, or puff sleeves

Empire waist

Medium dark values on bottom

Dull textures

Straight leg or flared pants

H

H Body Type
has a thick waist and hip line is generally even with bust line.

Suggestions:

Vertical collar styles

Single Breasted front openings

Longer length jackets

Long pants

Vertical designs and structure

Dull intensities and textures

Gently fitted styles

Suppressed waistline

X

X Body type
has soft rounded curves waist is more than 10 inches smaller than chest and hips, an hour glass look.

Suggestions:

Should wear clothes that fit gently

Details that accentuate the waist

Y

Y Body Type
has broad shoulders and or a large bust with a slimmer looking waist, hips and thighs.

Suggestions:

Dominantly vertical necklines
such as a U or V

Center front neck accents

Prominent vertical closings

Light colored bottoms

I

I Body type
Appears angular, hips and shoulders are very close in measurement, waist is 8" or less small than chest.

Suggestions:

Accent at neck and shoulders

Two piece outfits

Jackets with suppressed waist

Flared skirts

Layering

Styles for Me

The best neckline for me is:

The best cut in pants for me is:

The best top style for me is:

The best length in tops is:

The best skirt length for me is:

The best skirt style for me is:

The best shoe for me is:

The best jacket style for me is:

The best way to use color and space for me is:

My Face Shape

My face shape is:
(sketch)

The best hairstyle for me is:
(Sketch)

Because:

Color Palette

The best colors for me are either warm or cool.

The best colors for me are either dull and muted or clear and bright.

My color palette is autumn, spring, summer, or winter.

(Glue Color Palette Here)

The neutral colors that I should build my wardrobe around are:

The basic shoe and handbag colors for me are:

The preferred classic neutral suit colors for me are:

Budget Analysis

1. Review and total expenditures for the last year on clothing.
1. _____
(clothing expenditures)
2. Calculate yearly take-home income.
2. _____
(yearly take-home income)
3. Calculate debts and expenses.
3. _____
(subtract debts and expenses)
=
(equals disposable income)
4. Calculate 6% of disposable income.
4. _____ x.06
(multiply disposable income by .06)
5. Divide 6% by members in household.
5. _____ ÷ _____
(Divide by members in household)
6. Ideal yearly clothing budget
6. = _____
(budget for yearly clothing expenses)
7. Divide the final figure in two for spring and fall shopping.
7. _____
(divide by two, for spring and fall)
8. Subtract last year's clothing expenses from ideal yearly expenses. How did you do?
8. _____
(subtract figure #1 from figure #6)

Eliminate Space Invaders



1. Remove all clothes from closet and sort into two piles:
 - Great clothes you wear continually, or that meet all the guidelines.
Consider: does it fit now? Does the style follow my rules? Is the clothing color within my palette? Does the item fit my professional dress code? Is this item in good repair?
 - Part with clothes you have not worn in the last year or season, do not fit today, are worn out, beyond repair or that do not follow your personal guidelines. (Put in bags and donate to charity or a friend.)

2. Divide the great clothes pile into color groups.
For Example:
 - all the clothes that coordinate with Red together
 - all the clothes that coordinate with Black together
 - all the clothes that coordinate with Beige together

3. List and Organize by color onto shopping plan sheet.

4. Return clothes into closet by categories:
 - all blouses and tops together by sleeve length (tank tops to long sleeve tops)
 - all bottoms together
 - all jackets and cardigans together

Every thing in your closet should now fit perfectly, be in good repair, and most importantly, begin the foundation of your “dress for success” wardrobe.

Shopping Plan

Item of clothing	What you have	What you Need	cost	purchase date
Color Group I				
Jacket/Sweater				
Pant a				
Pant b				
Skirt				
shoe				
Color Group II				
Jacket/Sweater				
Pant a				
Pant b				
Skirt/Dress				
shoe				
Color Group III				
Jacket/Sweater				
Pant a				
Pant b				
Skirt/Dress				
shoe				

Wardrobe Workshop Evaluation

What did you learn about your ideal image?

What did you learn about your colors?

What did you learn about your body type?

What did you learn about your best styles?

What did you learn about closet organization?

What did you learn about your budget?

What did you learn about developing a shopping plan?

What was the most interesting or surprising thing you learned through this process?