👗 Body Shape Assignment Worksheet

Name: _____
Date: _____

Step 1: Learn About Body Shapes

- Watch the **Week 2 Body Shape videos** and review the articles provided.
- Optional: Do additional research online to learn more.
- **Tip:** You can be a combination of two body types!

Step 2: Take Your Measurements

Use a soft tape measure to record your measurements:

Measurement	My Measurements
Height	_____
Shoulders	_____
Bust	_____
Waist	_____
Hips	_____

📏 **Tip:**

- If you don't have a tape measure, you can print one using these links:
  - Printable Tape Measure – Timeless Templates
  - Printable Tape Measure – Pinterest
- Need help measuring? Email **Tiffanyw@cos.edu** to set up an in-person or Zoom meeting.

Step 3: Identify Your Proportions

- **Am I Petite, Average, or Tall?** _____
- **My Body Shape is:** _____

Step 4: Style Analysis

1. Styles to Avoid:
List the styles, cuts, necklines, or fabrics that **do not flatter your body shape**.

2. Best Styles for My Body Shape:
List the silhouettes, lengths, or design details that **highlight your figure**.

Step 5: Additional Notes

Share what you learned about your body shape that surprised you or will help you make **better styling choices**.

✅ **Submission:** Upload this completed worksheet to Canvas by the due date.