

Getting to Know Myself

Section 1:

Analyzing Body Features

Direction: Check(✓) the appropriate body features which best describe your body. To the right, fill in an appropriate garment style for that body feature. Refer to pages 8-11.

Body Characteristic

Garment Style

•Silhouette

Height:	Tall <input type="checkbox"/>	Average <input type="checkbox"/>	Short <input type="checkbox"/>	_____
Frame:	Small-boned <input type="checkbox"/>	Medium-boned <input type="checkbox"/>	Large-boned <input type="checkbox"/>	_____
Contour:	Slender <input type="checkbox"/>	Plump <input type="checkbox"/>	Stocky <input type="checkbox"/> Angular <input type="checkbox"/>	_____

•Face/Complexion

Shape:	Oval <input type="checkbox"/>	Round <input type="checkbox"/>	Square <input type="checkbox"/> Pear-shaped <input type="checkbox"/>	_____
Texture:	Smooth <input type="checkbox"/>	Uneven <input type="checkbox"/>	Clear <input type="checkbox"/> Pimpled <input type="checkbox"/>	_____

•Neck

Length:	Long <input type="checkbox"/>	Average <input type="checkbox"/>	Short <input type="checkbox"/>	_____
Width:	Narrow <input type="checkbox"/>	Average <input type="checkbox"/>	Wide <input type="checkbox"/>	_____

•Shoulders

Width:	Broad <input type="checkbox"/>	Average <input type="checkbox"/>	Narrow <input type="checkbox"/>	_____
Pitch:	Sloping <input type="checkbox"/>	Average <input type="checkbox"/>	Square <input type="checkbox"/>	_____

•Arms

Length:	Long <input type="checkbox"/>	Medium <input type="checkbox"/>	Short <input type="checkbox"/>	_____
Size:	Heavy <input type="checkbox"/>	Average <input type="checkbox"/>	Thin <input type="checkbox"/>	_____

Section 1:

Analyzing Body Features

Body Characteristic

Garment Style

·Chest/Bust

Chest (guys only)	Muscular <input type="checkbox"/>	Normal <input type="checkbox"/>	_____
		Slim <input type="checkbox"/>	_____
Bust (gals only)			_____
Placement:	High <input type="checkbox"/>	Average <input type="checkbox"/>	_____
		Low <input type="checkbox"/>	_____
Cup:	Large <input type="checkbox"/>	Average <input type="checkbox"/>	_____
		Small <input type="checkbox"/>	_____

·Waist

Placement:	High (short) <input type="checkbox"/>	Average <input type="checkbox"/>	_____
	Low (long) <input type="checkbox"/>		_____
Width:	Large <input type="checkbox"/>	Average <input type="checkbox"/>	_____
		Small <input type="checkbox"/>	_____

·Abdomen

Shape:	Flat <input type="checkbox"/>	Protruding <input type="checkbox"/>	_____

·Back

Contour:	Overly erect <input type="checkbox"/>	Normal curve <input type="checkbox"/>	Excessively curved <input type="checkbox"/>	_____

·Hips

Size:	Wide <input type="checkbox"/>	Average <input type="checkbox"/>	Narrow <input type="checkbox"/>	_____

·Legs

Length:	Long <input type="checkbox"/>	Average <input type="checkbox"/>	Short <input type="checkbox"/>	_____
Contour:	Slim <input type="checkbox"/>	Average <input type="checkbox"/>	Heavy <input type="checkbox"/>	_____

·Other

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Date Completed _____

Getting to Know Myself

Section 2:

Personal Style

My body type can be described as _____

My facial features are _____

My best or most flattering hair styles can be described as

My natural walk and body gestures can be described as

My behavior is generally _____

I think my personal style type is closest to _____

_____.(Types listed on pages 14-17)

My Personal Image

·The personal style traits that I feel good about are:

·The personal style traits that I would like to change to more clearly reflect the real me are: _____

Date Completed _____

Getting to Know Myself

Section 3: Personal Coloring and Colors

My personal color is (Circle one in each category on each line.)

Skin

Tone: Light Medium Dark

Undertone: Yellowish Blue-Pink

Hair

Tone: Light Medium Dark

Color: Blonde Brown Black Red

Eyes

Tone: Light Medium Dark

Color: Blue Grey
 Green Black-Brown

My three most flattering colors are:

1. _____
2. _____
3. _____

Date Completed _____

Section 4: Life Style Analysis

Personal Data (Check the *most* appropriate description.)

·Where you live:

____farm ____small town ____urban
____rural nonfarm ____suburban

·What type of activities are you required to do at home? _____

·List the school and community clubs and organizations in which you are involved:

·List the six adjectives which you think best describe you. These do not have to be related to clothing. You may find it helpful to Refer to the *Personal Style* chart in the project book or the list on *Personality Characteristics* chart found in the leader's 2. guide.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Date Completed _____

