A cropped cardigan outfit that works sitting down

Waistband and layer fit checklist • Free, no signup or purchase.

Check whether a cropped cardigan still works once you sit down. Measure the gap between the cardigan hem and your waistband standing and seated, watch the button gaps and sleeves during a chair test, and compare a sweater you own with the seller's chart. The free waistband and layer fit checklist has a column for each measurement.

You need

- A bottom you find comfortable seated, and a smooth base layer
- A cropped cardigan you own or are considering
- A sweater that fits you well, for measuring
- An ordinary chair and a flexible measuring tape
- The free waistband and layer fit checklist (PDF) printed on US Letter paper, and a pen

1 Start at the waistband

Choose a bottom you already find comfortable while seated. Add a smooth base layer and the cropped cardigan. Standing, measure the gap between the cardigan hem and the top of the waistband, or how far the cardigan overlaps it, without pulling the hem down.

2 Do a chair test

Sit for several minutes, then bend forward and raise your arms. Measure the hem-to-waistband gap again while seated and, if the cardigan is buttoned, the widest gap between two buttons. Note any sleeve pull. Try it open or with only the top buttons fastened rather than forcing the fit.

3 Measure a sweater you own

Lay a sweater that fits you flat without stretching it. Measure the underarm width, the body length from the top of the shoulder to the hem, and the sleeve length. Write them in the "My sweater" column.

4 Compare with the seller's chart

Copy the seller's numbers for the size you are considering into the next column and work out the difference. Letter sizes differ between brands, so compare the numbers and the return terms before you choose.

Tips

- A higher waistband sits closer to a waist-length hem, so it usually leaves less gap when you sit.
- If the seated gap shows more than you like, try a longer base layer before considering a longer cardigan.
- The optional cardigan link is an affiliate link. Check the selected garment size, material, measurements, care directions and return terms on the current listing. Other pictured pieces and accessories are separate.
- The printable is free to download and print. No account, email or purchase is required.

Notice

Original AI editorial illustration depicting a design concept; review manufacturer specifications and product details for final suitability. Accessories, exact colour, fit and performance are not established by the image.

Source

Optional product details: check the current listing and manufacturer directions.

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1. Standing and seated

Measurement	Standing	Seated
Cardigan hem to waistband gap (or overlap)		
Widest gap between buttons (if fastened)		
Sleeve end to wrist bone, arms forward		

2. Sweater I own vs the seller's chart

Measurement	My sweater	Chart, size ____	Difference
Underarm width			
Body length			
Sleeve length			

3. Chair test

- ☐ Sat for several minutes
- ☐ Bent forward and raised my arms
- ☐ No button pulled open while seated
- ☐ Tried it open and with only the top buttons fastened

4. Decision

Wear it: open / partly buttoned / buttoned _____

Notes: _____