

THE YES LIST

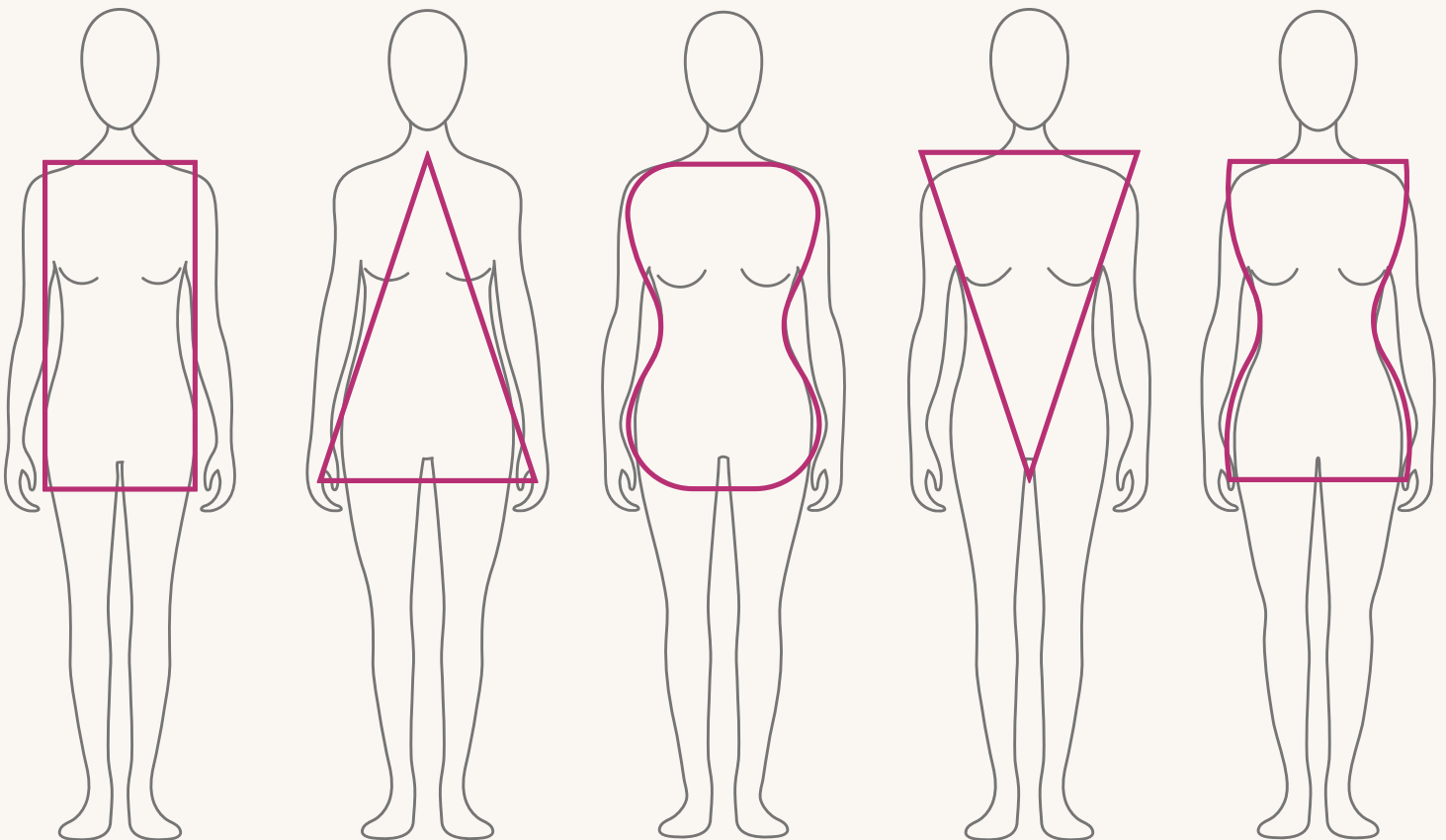


THE FIT PROFILE

Body Shape + Proportion Guide

Find your starting shape. Then go beyond it.

Discover the proportions that make your fit uniquely yours.



Less Scrolling. More Yes.

YOUR BODY SHAPE IS ONLY THE STARTING POINT.

You've probably seen the charts.

Hourglass? Define your waist.

Pear? Balance your shoulders.

Rectangle? Create curves.

That advice isn't necessarily wrong.

It's just incomplete.

Two women can have the exact same “body shape” and need completely different *waist placement, rises, necklines and silhouettes*.

Why?

Because your **torso length, natural waist placement, shoulder width, bust proportions, leg length—and your actual preferences matter**, too.

So first, we'll find your basic body shape.

Now let's go further.

Less Scrolling. More Yes.

THE YES LIST

FIND YOUR STARTING SHAPE

Grab a flexible measuring tape. We only need four measurements to start.

01 / SHOULDERS

Measure around the widest part of your shoulders, keeping the tape level.

02 / BUST

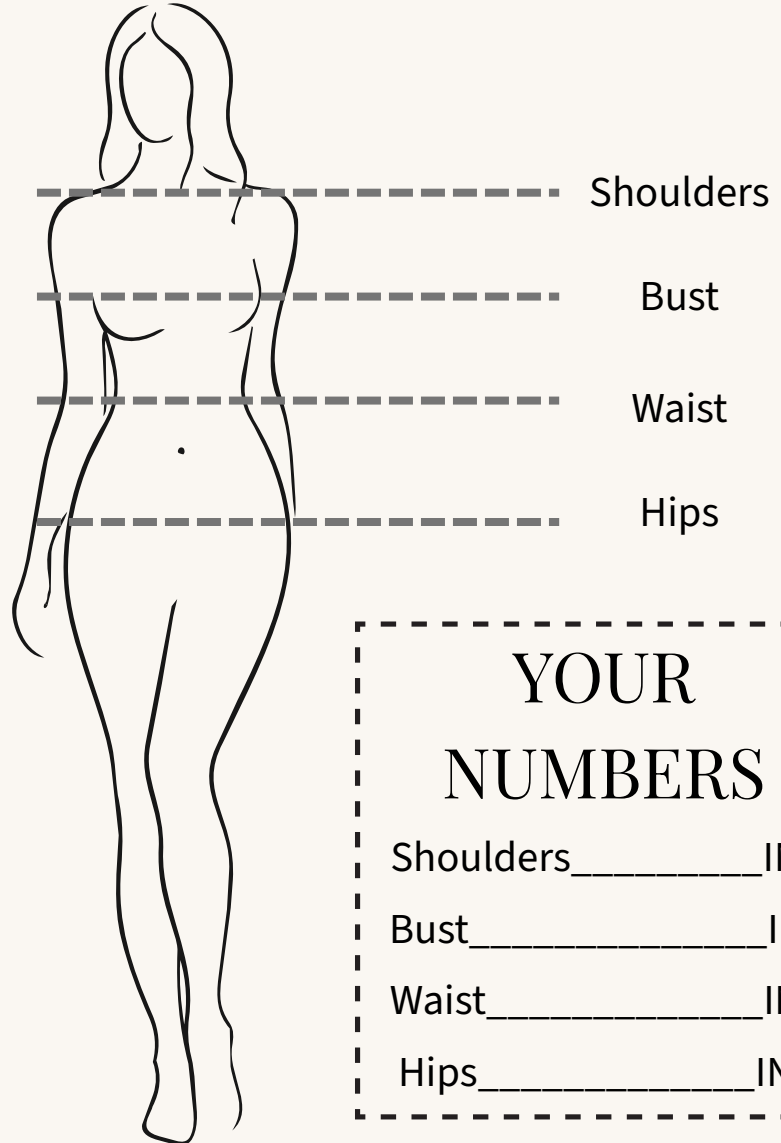
Measure around the fullest part of your bust without pulling the tape tight.

03 / NATURAL WAIST

Measure around the narrowest part of your torso—usually near or just above your belly button. Bend to one side to find your natural crease.

04 / HIPS

Measure around the fullest part of your hips and seat, keeping the tape parallel to the floor.



YOUR NUMBERS

Shoulders_____IN

Bust_____IN

Waist_____IN

Hips_____IN

Don't overthink the numbers.

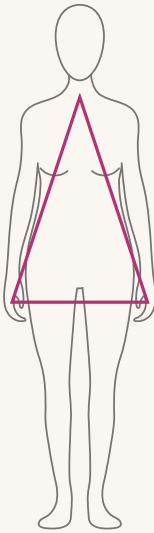
We're looking at the relationship between them—not trying to fit your body into a perfect geometric category.

Less Scrolling. More Yes.

THE YES LIST

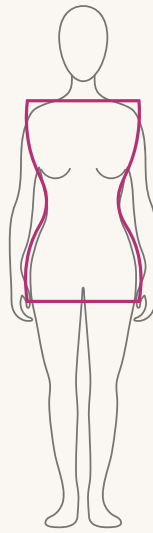
FIND YOUR STARTING SHAPE

Look at the relationship between your shoulders/bust, waist and hips—not the number on the tag.



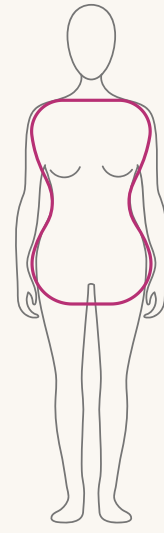
PEAR (triangle)

Often called “pear”. Hips proportionally wider than shoulders/bust, with a defined waist.



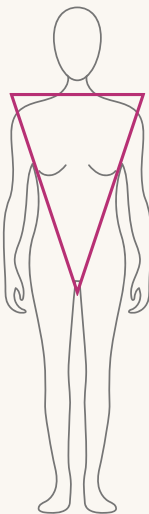
HOURLGLASS

Bust/shoulders and hips are balanced, with a defined waist.



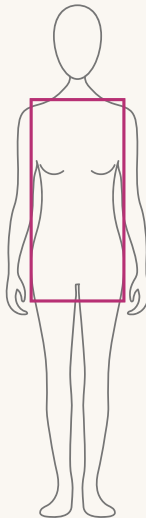
APPLE (round)

Often called “apple”. More fullness through the midsection, with less waist-to-hip definition.



INVERTED TRIANGLE

Your shoulders/bust are proportionally wider than your hips.



RECTANGLE

Shoulders/bust and hips are balanced, with less waist definition.

Between two shapes? That's normal.

These aren't boxes you have to fit into. Your “shape” is simply a shorthand for the relationship between a few measurements.

Choose the closest match.

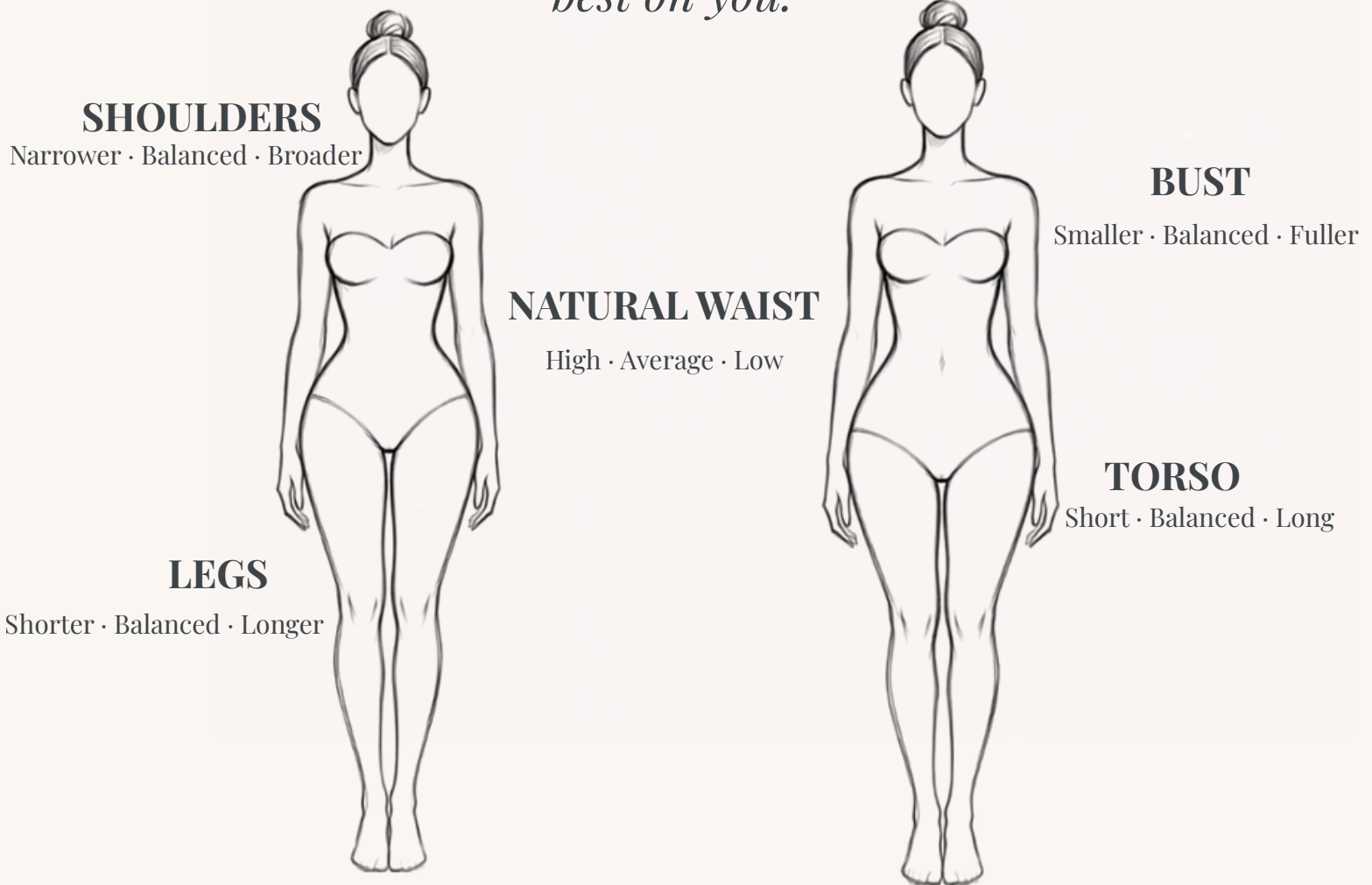
Now let's go beyond body shape.

Less Scrolling. More Yes.

THE YES LIST

SAME SHAPE. DIFFERENT BODY.

Your body shape describes your overall proportions. But these details can completely change which clothes work best on you.



This is why “dress for an hourglass” isn’t enough.

Body shape is only the starting point. Where your waist sits, your torso and leg proportions, shoulder width and bust can completely change what works.

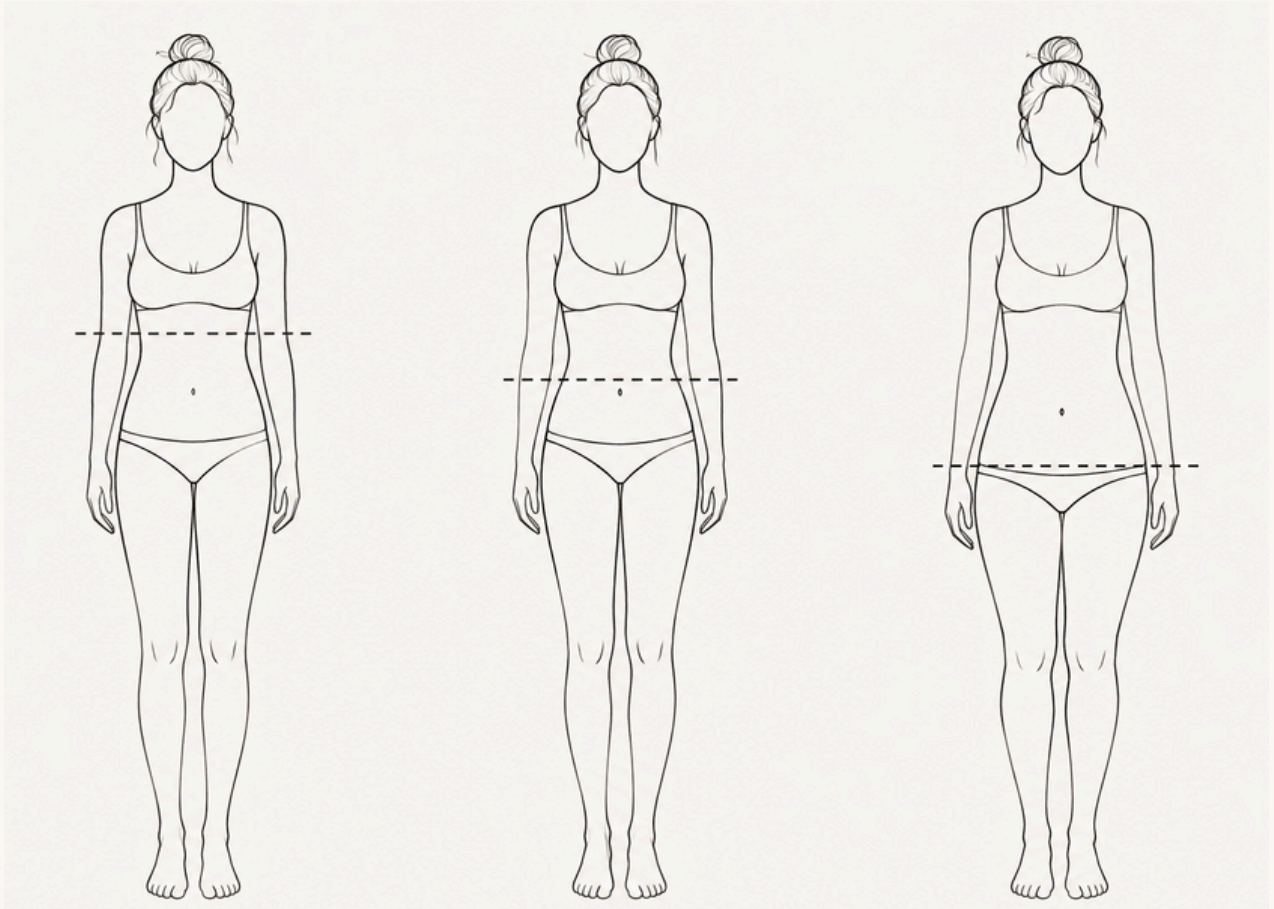
That’s where your real fit starts.

Less Scrolling. More Yes.

THE YES LIST

FIND YOUR WAIST PLACEMENT

*Bend gently to one side. Where your torso naturally creases is your waist.
Now notice where it sits relative to your ribcage and hips.*



HIGH —closer to
your ribcage/bust

AVERAGE — near
the midpoint of
your torso

LOW — closer
to your hips

Circle yours: HIGH · AVERAGE · LOW

No idea? That's okay.

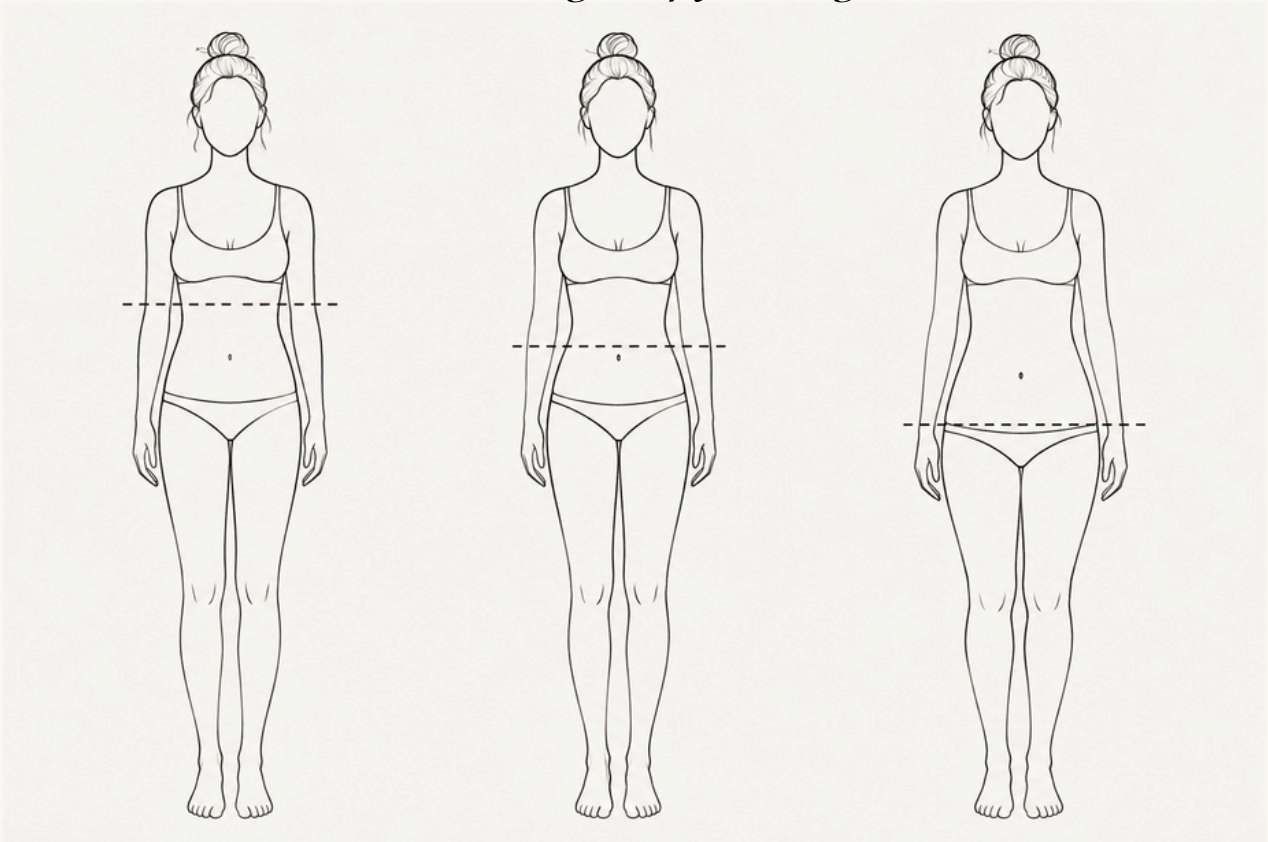
Choose what seems closest. Fit is a collection of clues—not a test you can fail.

Less Scrolling. More Yes.

THE YES LIST

FIND YOUR TORSO BALANCE

*Look at yourself straight-on in a full-length mirror or photo.
Notice the distance between your shoulders and hips compared
with the length of your legs.*



SHORTER —
longer-looking
legs

BALANCED — torso
+ legs look
proportional

LONGER—
shorter looking
legs

Circle yours: SHORTER · BALANCED · LONGER

No idea? That's okay.

Choose what seems closest. Fit is a collection of clues—not a test you can fail.

Less Scrolling. More Yes.

THE YES **LIST**

YOUR SHOULDERS

Your shoulders affect how necklines, sleeves, and the entire upper half of a garment sit on your body.

SHOULDER WIDTH



NARROWER



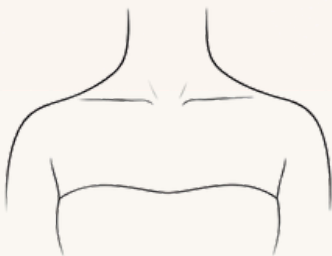
BALANCED



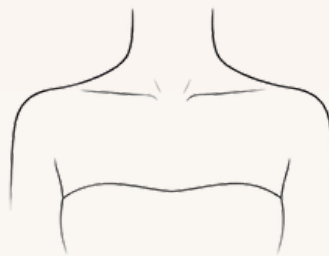
BROADER

Circle yours: NARROWER · BALANCED · BROADER

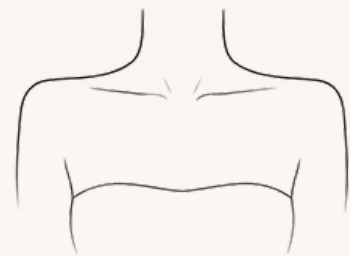
SHOULDER SLOPE



SLOPED



AVERAGE



SQUARE

Circle yours: SLOPED · AVERAGE · SQUARE

Why this matters »

Shoulder width + slope can change which **necklines, straps, sleeves and shoulder details** feel balanced on you.

Less Scrolling. More Yes.

THE YES **LIST**

YOUR BUST

Your bust affects how necklines, seams, buttons, and waistlines actually sit on your body.



SMALLER



BALANCED



FULLER

Circle yours: SMALLER · BALANCED · FULLER

NOW CHECK YOUR BUST POSITION



HIGHER



AVERAGE



LOWER

Circle yours: HIGHER · AVERAGE · LOWER

Why this matters »

Bust proportion + position affect how necklines, bodices, buttons, seams and waist placement fit your upper body.

Less Scrolling. More Yes.

THE YES LIST

TURN YOUR ANSWERS

INTO BETTER FIT

Now that you know your proportions, here's how to use them when you're shopping.

IF YOU FOUND...	WHAT THAT MEANS WHEN YOU SHOP
<i>Higher waist</i>	Your narrowest point sits higher. Look for waist seams and shaping that sit higher on the garment. A lower waist may make the bodice feel too long or hide your natural waist.
<i>Lower waist</i>	You have more length above your natural waist. Look for enough bodice length so a defined waist doesn't land too high on your torso.
<i>Shorter torso</i>	You have less vertical room between shoulders and waist. Watch long bodices, deep necklines and details that take up lots of vertical space—they may sit lower on you than intended.
<i>Longer torso</i>	You need more vertical room through the bodice. Check that waist seams, bust shaping and necklines don't sit higher than intended.
<i>Broader shoulders</i>	You need enough room across the upper garment. Pay attention to where shoulder seams end and how sleeve volume, straps and neckline width interact with your frame.
<i>Narrower shoulders</i>	Garments may have more width through the shoulder than you need. Check wide necklines, straps and oversized shoulder construction for slipping or excess fabric.

THE YES LIST

TURN YOUR ANSWERS INTO BETTER FIT

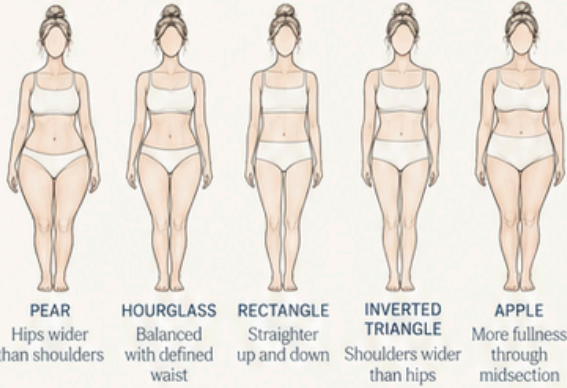
Now that you know your proportions, here's how to use them when you're shopping.

IF YOU FOUND...	WHAT THAT MEANS WHEN YOU SHOP
<i>Sloped shoulders</i>	Structured garments may not sit as they do on the hanger. Check for gaping or extra fabric around the neckline/shoulder and how structured shoulder details sit.
<i>Square shoulders</i>	You naturally fill more of the garment's shoulder area. Highly structured shoulders or added volume may create a stronger shoulder line than expected.
<i>Fuller bust</i>	You need more room through the front of the bodice. Check buttons, fitted seams and non-stretch fabrics, and remember that your bust can pull a garment's waist or hem upward.
<i>Smaller bust</i>	Fitted or shaped bodices may have more room than you need. Check for gaping around cups, darts, wrap fronts and shaped necklines.
<i>Higher bust</i>	Fixed bust shaping may sit too low. Look at the placement of darts, cups, seams and empire waists rather than assuming your usual size will make them line up.
<i>Lower bust</i>	You may need more vertical room before the garment reaches its bust shaping. Check whether darts, cups and under-bust seams actually align with your bust.

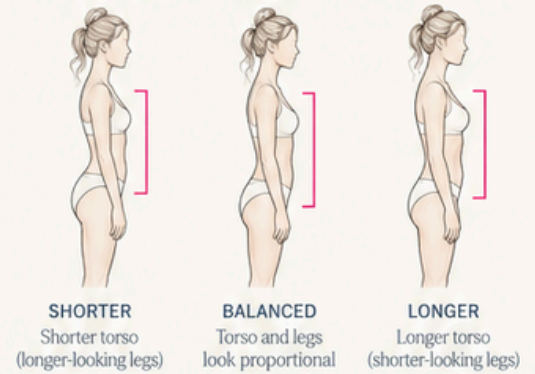
MY PERSONAL FIT PROFILE

Screenshot it. Save it. Shop with it.

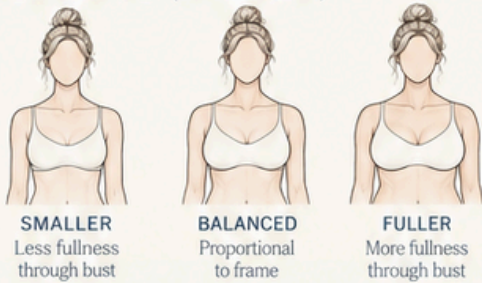
MY SHAPE



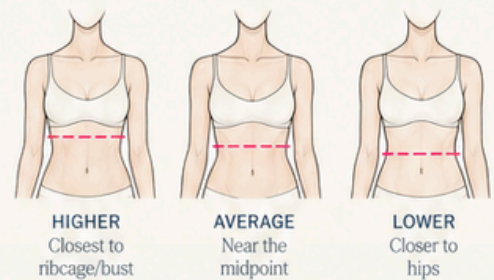
MY TORSO BALANCE



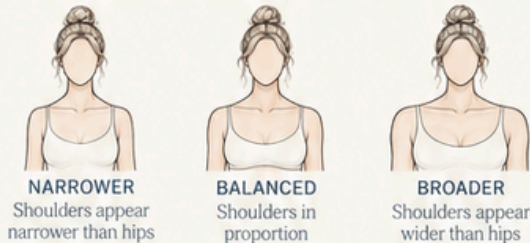
MY BUST (FULLNESS)



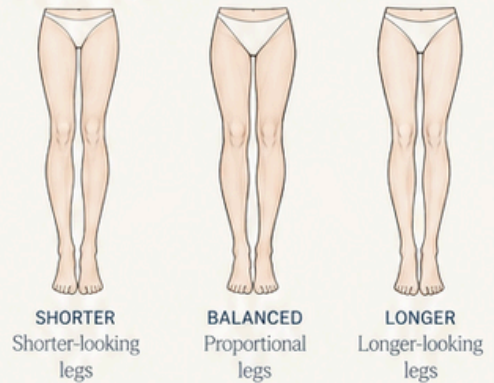
MY WAIST PLACEMENT



MY SHOULDERS (WIDTH)



MY LEGS



MY SHOULDER SLOPE



MY MEASUREMENTS

HEIGHT

IN | CM

BUST

IN | CM

WAIST

IN | CM

HIPS

IN | CM

INSEAM

IN | CM

MY NOTES

Anything else I want to remember about my fit (optional):

THE YES LIST

NOW YOU KNOW WHAT TO LOOK FOR.

You can use your Fit Profile every time you shop.

Check the waist.
Check the proportions.
Check the shoulders.
Check the bust.
Check the length.
Check the fabric.

Or let us check for you.

The Yes List is being built to filter clothes using your proportions—not just a generic body shape.

Start simple.

Tell us your general shape.

Or get specific.

Use your full Fit Profile for more personalized results.

Less Scrolling. More Yes.