



Your First Zero-Waste Sewing Project – Step-by-Step Checklist

- PHASE 1 – PREPARATION (before you print)
 - 1. Check fabric width on the pattern page (e.g., 115 cm / 150 cm).
 - 2. Confirm your fabric has enough drape (linen blend, cotton lawn, viscose).
 - 3. Wash and iron your fabric to pre-shrink it.
 - 4. Print ONLY the calibration square first. Measure it with a ruler.
 - 5. If the square is off by more than 2 mm, fix scaling and reprint.

- PHASE 2 – PRINTING & ASSEMBLY
 - 6. Print the full pattern on A4 or Letter. Disable "fit to page".
 - 7. Sort pages by the grid map (usually page 1 or 2).
 - 8. Trim right and bottom margins only (not all four sides).
 - 9. Tape pages in rows first, then join rows together.
 - 10. Cut out the pattern pieces along the solid line.

- PHASE 3 – LAYOUT & CUTTING (zero waste specific)
 - 11. Lay fabric flat on a large table or clean floor. Smooth all wrinkles.
 - 12. Arrange pieces like a jigsaw: largest pieces first, fill gaps with small parts.
 - 13. Check grainline. Some zero-waste pieces use crossgrain – read the notes.
 - 14. Trace or mark all pieces before cutting any. Use pattern weights, not pins.
 - 15. Cut small pieces first, then large ones (reverse nesting order).

- PHASE 4 – FIRST STITCHES (confidence check)
 - 16. Sew one seam. Check fit with a quick try-on (use basting stitches).



17. If fit is good, finish the garment. If not, adjust the next version – zero waste is a practice, not a one-shot perfection.

=====
=====

NOTES

=====
=====

Fabric width: _____ cm/in

Seam allowance used: 0.5 cm / 1.0 cm / 1.5 cm (circle one)

Pattern name: _____

Date started: _____

=====
=====

You just saved fabric that would have become cutting room waste.

=====
=====