

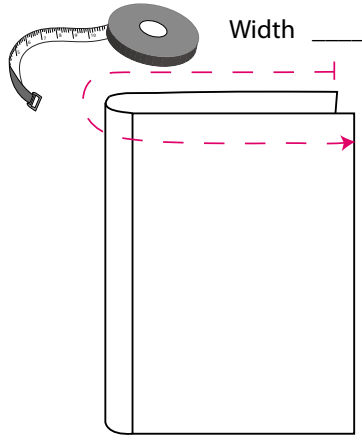
Gratitude Journal Worksheet

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Measure

1. Measure your notebook and record your measurements in the blanks below.

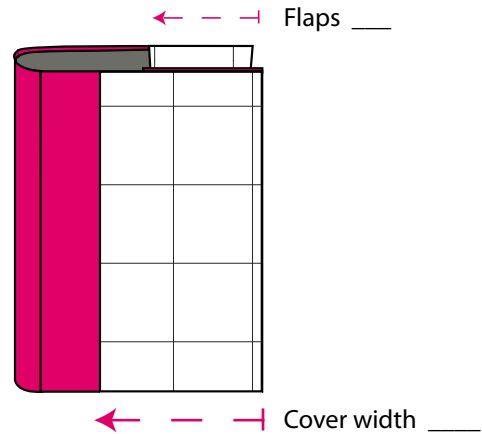


Width _____

To calculate width, measure from the edge of one cover all the way around the spine to the other edge (using the pink dotted line as a guide).

Height _____

2. Decide on a desired width for your flaps.

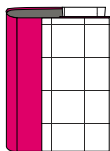


Flaps _____

Cover width _____



Option 1



Option 2

3. If making Option 2, decide on a desired cover width (how wide the contrasting fabric will be on the cover of your notebook).

4. Preferred Seam allowance (Typically 1/4", but if you prefer to sew with 5/8" or 1/2" seams record that number here.) _____

5. Plug in your measurements into the blank fields below.

Calculate & Cut

Option 1: Solid Colored Cover

Add up the measurements and plug in your totals into the boxes.

Cut two pieces of fabric using these measurements.

Total width:

Seam Allowance _____ + Flap _____ + Width _____ + Flap _____ + Seam Allowance _____ = wide tall

Total height: Seam Allowance _____ x 2 = _____

Height _____

+ Ease 3/4"

Option 2: Contrast Cover (Cut one piece of fabric using the measurements in Option 1 for the lining.)

Cut two pieces of Fabric A this wide:

Seam Allowance _____ x 2 = _____

Flap _____

+ Cover Width _____

Total width:

Cut one piece of Fabric B this wide:

Seam Allowance _____ x 2 = _____

ADD
+ Width _____

Subtotal

SUBTRACT
- Cover Width _____ x 2 = _____

Total width:

...and this tall:

Seam Allowance _____ x 2 = _____

Height _____

+ Ease 3/4"

Total height: