

The Sewing Triangle — Quick Start

Quick Start

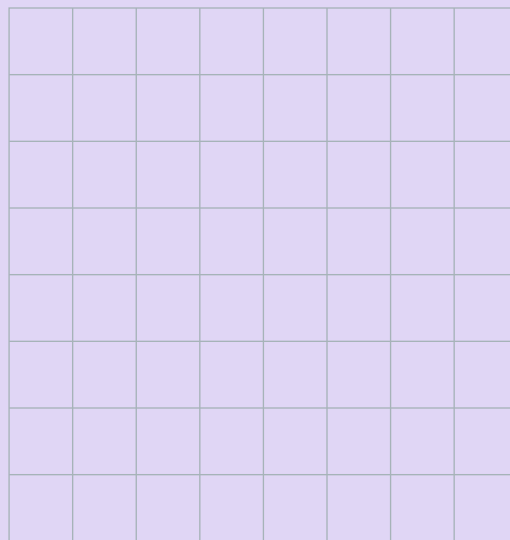
1. Mark outlets, windows, and doors on your sketch.
2. Place three labels: Sewing, Cutting, Pressing.
3. Form a triangle with clear walk lanes.
4. Set heights to fit your body.
5. Stock each zone with only what it needs.

Room Size (ft) ×

Ceiling Height (ft)

Lighting Notes

Room Sketch (top-down)



Use this grid to plan your triangle.

Project Name Date

Map Your Three Core Zones

Triangle Planner

Sewing Station location notes

Cutting Station location notes

Pressing Station location notes

Power and lighting

Table height target (in)

Board height target (in)

Key tools in reach

Ruler storage method

Tools kept here

Distance to Cutting (ft)

Distance to Sewing (ft)

Distance to Sewing (ft)

Distance to Pressing (ft)

Distance to Pressing (ft)

Distance to Cutting (ft)

Triangle flow notes

Ergonomics and Tools

Table height (seated, in)

Chair adjustments

Lighting type and placement

Thread storage method

Keep within arm's reach (check all that apply)

- ☐ Snips
- ☐ Seam ripper
- ☐ Extra needles
- ☐ Bobbins
- ☐ Small ruler
- ☐ Seam gauge
- ☐ Pins
- ☐ Clips

Layout notes

Cutting Station Planner

Surface, Storage, and Safety

Standing table height (in)

Ruler storage method

Safety checklist

- ☐ Fresh rotary blade
- ☐ Closed cutter when not in use
- ☐ Clear cutting lane
- ☐ No cords across walkway
- ☐ Anti-fatigue mat

Mat size

Tool tray contents

Primary fabric types

Scrap bin location

Cutting workflow notes

Heat Tools and Height

Board or pad type

Keep at the station

Iron model and settings

☐ Tailor's ham

☐ Seam roll

Pressing height (in)

☐ Clapper

Water source and cord path

☐ Pressing cloth

☐ Spray bottle

☐ Heat-proof pad

Pressing workflow notes

Weekly Rhythm and Reflection

Plan, Test, and Tune

Day

Focus blocks

Notes

What worked

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What to change

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