

How to Run a Fit Session

Online course



Introduction

The **How to Run a Fit Session** course is a drill down into the product evaluation process. It addresses a recurrent issue that most design, merchandising, product development and technical department members face: the waste of time due to inefficient processes and poor fit session preparation. Learners will be exposed to the best practices for running a fit session and walk away with practical tools and checklists. This course helps you reduce time for the fit session, save costs for live models and get product approval faster.

Key learning outcomes

By the end of the course, participants will be able to:

- Easily run fit sessions following our step-by-step best practice instruction
- Clearly define team members' roles and responsibilities to make the most of fit sessions
- Give comments about the garments during and after the fit sessions, in an organized and precise way

Who this course is for

This course is suited for junior to mid-level team members of design, merchandising, product development and technical departments. It is geared for brand and sourcing offices which want to gain efficiency in their processes, especially in product evaluation.

Format

The course is self-paced and includes a **pre-assessment test, 3 modules of interactive instruction, exercises and knowledge assessments**. All participants who complete the course will receive an Alvanon Certificate of Completion.

Course outline

Pre-Assessment

Module 1: Introduction to Fit Sessions

Preparation Checklist

Which Samples can go to the Fit Session?

Flat Measurement Evaluation

Fit Form Evaluation

Booking Fit Models

Communicating the Fit Session Agenda

Contact us

Please contact your Alvanon sales representative or reach us at hello@motif.org for further information.

The instructors



For 20+ years **Emily Robertson Hood** has led teams of Engineers, QA, Patternmakers, Graders, and Technical Developers in the fit, construction and global manufacturing of apparel products ranging from denim to down.



May Fong has extensive line and management experience in retail operations, merchandising, product development as well as supply chain management for major international brands in Asia Pacific.

Module 2: How to Run a Fit Session

Defining Roles and Responsibilities

Fit Consistency

The Best Fit Session Routine

Pinning Techniques

Documenting Fit Comments with Photos

Tips before you Start the Fit Sessions

Module 3: How to Follow up after a Fit Session

Assigning Follow-up Responsibilities

Case study

Follow-up Best Practices

Following up with Vendors and Sourcing Office



Alvanon Certificate of Completion
for successful course participants

About Alvanon

When Alvanon was founded in 2001 it was focused on solving the sizing and fit challenges inherent in the apparel industry. It has since evolved into a global company, shaping the future of fit through modern technology and an innovative data-driven approach.

Today, Alvanon operates as advisor to many of the world's leading apparel organizations – helping them improve their fit for and engage more intimately with the modern-day consumer.



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MOTIF

This course is available on MOTIF, the apparel knowledge hub. To learn more about MOTIF, please visit motif.org.