

# Knitting — Workbook

This workbook turns the course into needles-in-hand practice. Each section maps to a course module and gives you exercises to build hand skill, worksheets to record what actually happens with your yarn and gauge, and checklists to make clean results repeatable. Work through it with a project on the needles, and keep your filled-in pages and swatches as your personal knitting reference.

## Yarn, Needles, and Your First Stitches

Choose the right yarn and needles, then build even, readable knit and purl fabric.

### Exercise: The Four-Fabric Sampler

Cast on 24 stitches in worsted weight on a 5 mm needle using the long-tail cast-on. Knit four bands of about 5 cm each: garter stitch (knit every row), stockinette (knit one row, purl one row), 2x2 ribbing (k2, p2 across), and seed stitch (alternate k1, p1 and offset each row). Bind off, then label each band on a paper tag pinned to it.

- Which band curled at the edges and which lay flat, and why does stockinette behave differently from garter?
- Where was your tension most uneven, and did it improve from the first band to the last?
- Can you now tell a knit stitch from a purl stitch just by looking at each band?

### Worksheet: Yarn and Needle Selection Sheet

Before buying yarn for a project, fill this out from the ball band for the yarn you are considering, then confirm the needle you actually own matches.

Yarn name and brand

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Weight category (0 lace to 7 jumbo)

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Fiber content

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Recommended needle size (mm and US)

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Stated gauge (sts and rows per 10 cm)

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Meters or yards per skein

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Dye lot number

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Number of skeins the project needs (plus one spare)

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Care instructions (hand wash, superwash, machine)

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Your needle on hand (mm) and whether it matches

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### Checklist: Before-You-Cast-On Checklist

- I chose a smooth, light-colored, plied wool or wool blend for visible stitches
- I am using worsted weight (category 4) for my first projects
- My needle size matches the ball band recommendation in millimeters
- I have a tapestry needle, scissors, removable stitch markers, and a tape measure
- I have a needle gauge to check unlabeled needles
- I measured a long-tail at roughly 2.5 cm per stitch plus 15 cm to weave in
- I bought one extra skein in the same dye lot

## Reading Patterns and Controlling Gauge

Decode written patterns and charts, then swatch and do the math so your projects fit.

### Exercise: Translate a Pattern Line

Take this line and rewrite it in plain English, action by action, then knit one row of it on a 24-stitch swatch to confirm your reading: Row 1 (RS): k3, \*p2, k2; rep from \* to last st, k1. (24 sts). Confirm your stitch count is correct at the end of the row before moving on.

- What does the asterisk tell you to do, and where does the repeat stop?

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- What do the (24 sts) at the end mean, and what do you do if your count is off?

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- Which stitches are worked once as edge stitches and which are inside the repeat?

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### Worksheet: Gauge Swatch Record

Knit a swatch at least 15 cm square in the pattern stitch, block it the way you will wash the finished item, then measure in the stable center and record every number here. Keep the swatch.

Yarn and needle size used

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Stitch pattern of the swatch

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Stitches counted across 10 cm (include half stitches)

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Rows counted across 10 cm

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Pattern's target gauge (sts and rows per 10 cm)

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Difference from target (too many or too few stitches)

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Needle size change to try next

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Blocked or unblocked when measured

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Your stitches per cm (stitches per 10 cm divided by 10)

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### Worksheet: Resize-the-Pattern Calculator

Use your blocked gauge to recalculate the cast-on for the size you actually want. Fill in each line in order and round the final number to fit your stitch repeat.

Target finished width or circumference (cm)

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Your stitches per cm from the swatch

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Stitches needed (width times stitches per cm)

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Stitch repeat multiple required by the pattern

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Rounded cast-on (nearest multiple of the repeat)

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Rows per cm from the swatch

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Target length (cm) and rows needed (length times rows per cm)

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### Checklist: Read-the-Whole-Pattern Checklist

- I read the entire pattern before casting on
- I checked the pattern gauge against my blocked swatch
- I highlighted my size's numbers throughout the pattern
- I looked up every abbreviation and technique I did not already know
- I noted where the pattern repeats and where it shapes
- I confirmed I have enough yardage for my chosen size

## Shaping and Knitting in the Round

Practice mirrored increases and decreases, then join your work into a clean, untwisted tube.

### Exercise: Mirrored Increase and Decrease Triangle

Cast on 6 stitches in stockinette. On every right-side row, work M1R after the first stitch and M1L before the last stitch until you reach 20 stitches, then reverse: work ssk after the first stitch and k2tog before the last until you are back to 6. Bind off. You should have a clean diamond with symmetrical, inward-leaning shaping lines.

- Do your increase lines on the two sides lean toward each other and look symmetrical?

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- Which decrease leans left and which leans right, and did you pair them correctly?

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- Where did the shaping look untidy, and was it a wrong-direction increase or decrease?

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### Worksheet: Increase-Evenly Planner

When a pattern says increase a number of stitches evenly across a row, use this to plan the spacing before you knit it.

Current stitch count

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Number of increases required

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Current count divided by increases (gap between increases)

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Knit-this-many-then-increase number (rounded gap)

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Adjustment for the first and last group so the total comes out right

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Final stitch count after the row

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### Checklist: Join-in-the-Round Checklist

- I cast all stitches onto one needle
- I laid the work flat and confirmed the cast-on edge does not spiral around the needle
- The working yarn is coming from the right needle tip
- I placed a marker to mark the start of the round
- I knit the first stitch firmly to close the join gap
- I rechecked after the first round that the join is flat and not twisted
- I tugged the first stitch of each needle group snug to avoid ladder gaps

## Finishing, Fixing, and Your First Projects

Bind off, block, and seam to a professional finish, and build a habit of rescuing mistakes.

### Exercise: Block and Compare Two Swatches

Knit two identical 15 cm stockinette swatches. Leave one unblocked. Wet block the other: soak 15 minutes in lukewarm water with wool wash, press out water in a towel, pin to shape on a mat, and dry fully. Lay them side by side and measure both.

- How did the blocked swatch change in size, edge curl, and stitch evenness?

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- By how many stitches per 10 cm did the gauge shift after blocking?

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- Why does measuring an unblocked swatch give you a misleading gauge?

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### Worksheet: Finished Project Record

Fill this out for each finished object so you can repeat your successes and learn from the misses. Staple a small yarn snippet to the page.

Project name and pattern source

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Yarn, color, and dye lot

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Needle size used

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Final blocked gauge (sts and rows per 10 cm)

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Bind-off method used and how stretchy it needed to be

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Blocking method used

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Seaming method used

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Finished measurements versus target

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What I would change next time

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### Checklist: Finishing and Mistake-Recovery Checklist

- I bound off loosely, going up a needle size if the edge needed to stretch
- I wove in every tail several centimeters and doubled back to lock it
- I blocked the piece to its target measurements and let it dry fully
- I seamed stockinette with mattress stitch, snugging every few rungs
- I secured any dropped stitch with a pin before rebuilding it with a crochet hook
- I placed a lifeline before tackling any tricky or lace section
- I checked my final measurements against the pattern before calling it done

### Your Action Plan

1. Buy one skein of smooth, light worsted wool plus a 5 mm needle, a tapestry needle, and stitch markers.
2. Knit the four-fabric sampler to lock in cast-on, knit, purl, and bind-off this week.
3. Knit and block a 15 cm swatch, then fill in the Gauge Swatch Record and calculate your stitches per cm.
4. Make Project 1, a garter-stitch washcloth or scarf, to practice consistent tension start to finish.
5. Knit Project 2, a ribbed cowl in the round, practicing an untwisted join and a stretchy bind-off.
6. Knit Project 3, a simple beanie, adding crown decreases and closing the top with the yarn tail.
7. Knit Project 4, fingerless mitts, to practice small-circumference knitting and a thumb gap.
8. Run a lifeline and deliberately drop and rebuild a stitch on a scrap swatch so the rescue is second nature.
9. Choose a simple drop-shoulder sweater, swatch and resize it to your measurements using the calculator, and knit it.
10. Block and seam the sweater with mattress stitch, then log it in the Finished Project Record.









