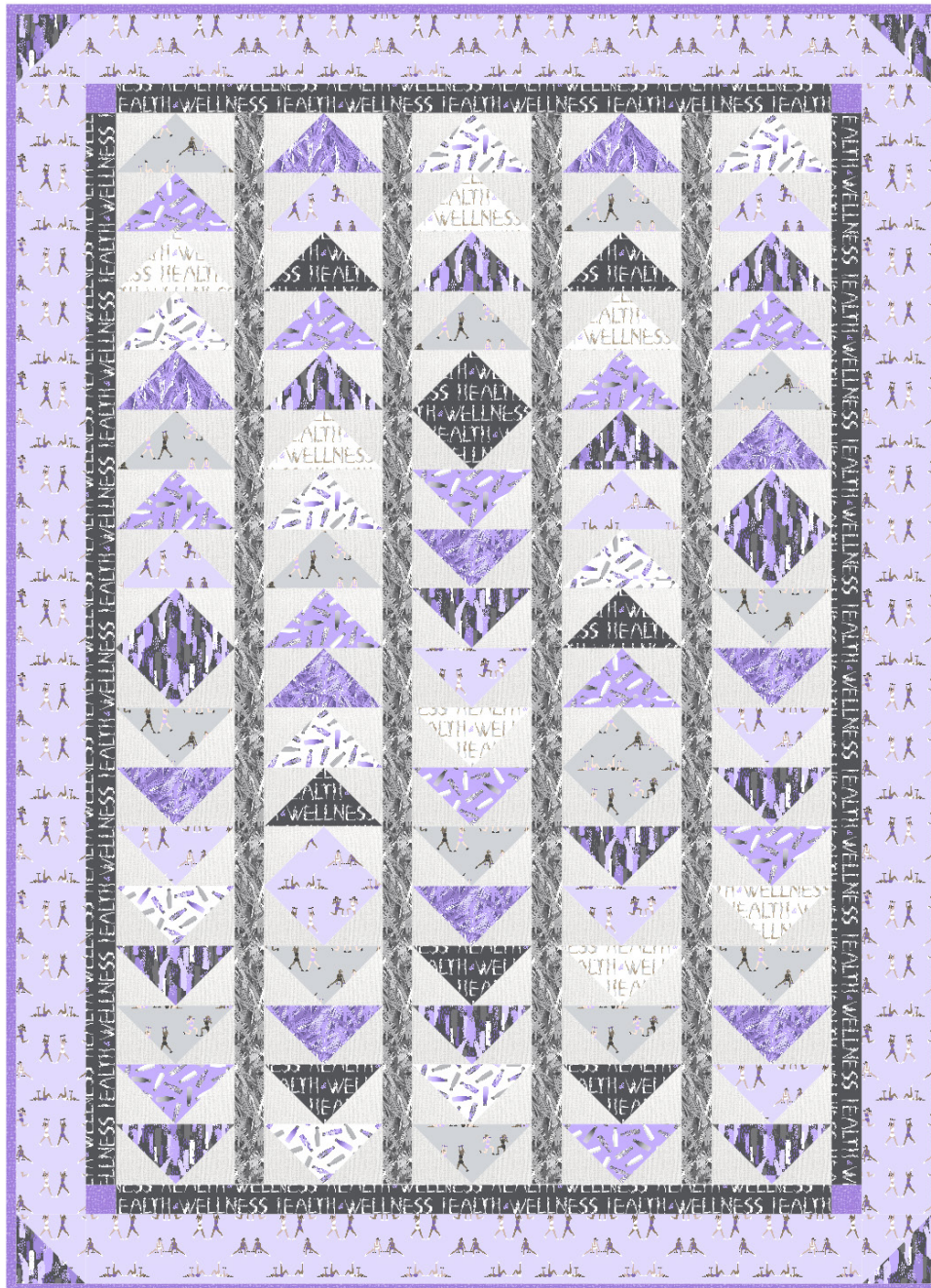


Power Up

designed by Marsha Evans Moore

featuring Health and Wellness fabric collection by Whistler Studios

SIZE: 46-1/2" x 64-1/2"









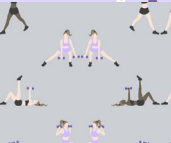


THIS IS A DIGITAL REPRESENTATION OF THE QUILT TOP, FABRIC MAY VARY.

PLEASE NOTE: BEFORE MAKING YOUR PROJECT, CHECK FOR ANY PATTERN UPDATES AT WINDHAMFABRICS.COM'S FREE PROJECTS SECTION.

FREE
PROJECT





Power Up

KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
A		51299 – 1 Charcoal	3/4	(5) 2" x WOF, sew ends together; subcut (2) 2" x 54-1/2" inner borders and (2) 2" x 36-1/2" inner borders (1) 3-1/2" x WOF; subcut (6) 3-1/2" x 6-1/2" rectangles (1) additional 3-1/2" x 6-1/2" rectangle (1) 6-1/2" square
B		51299 – 2 White	1/3	(2) 3-1/2" x WOF; subcut (7) 3-1/2" x 6-1/2" rectangles
C		51300 – 2 White	1/3	(2) 3-1/2" x WOF; subcut (9) 3-1/2" x 6-1/2" rectangles
D		51300 – 3 Lavender	1/3	(2) 3-1/2" x WOF; subcut (12) 3-1/2" x 6-1/2" rectangles
E		51301 – 1 Charcoal	1/2	(2) 3-1/2" x WOF; subcut (11) 3-1/2" x 6-1/2" rectangles (2) 6-1/2" squares (4) 4" squares
F		51302 – 4 Lilac	1-1/4	(3) 4" x WOF, sew ends together; subcut (2) 4" x 46-1/2" borders (4) 4" x LOF, sew ends together; subcut (2) 4" x 57-1/2" borders (3) 3-1/2" x WOF; subcut (9) 3-1/2" x 6-1/2" rectangles (1) 6-1/2" square
G		51302 – 5 Grey	5/8	(3) 3-1/2" x WOF; subcut (15) 3-1/2" x 6-1/2" rectangles (1) 6-1/2" square
H		51303 – 1 Charcoal	1/2	(6) 2" x WOF; sew ends together; subcut (4) 2" x 54-1/2"
I		51303 – 6 Grape	1/3	(2) 3-1/2" x WOF; subcut (11) 3-1/2" x 6-1/2" rectangles



Power Up

KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
J		50087-42 White on white	1-5/8	(15) 3-1/2" x WOF; subcut (180) 3-1/2" squares
K		50087-50 Amethyst	1/2	(4) 2" squares FOR BINDING: (6) 2-1/4" x 42" strips, sew short ends together.
		Backing	3 1/8	
		Batting		55" x 73"

ADDITIONAL MATERIALS

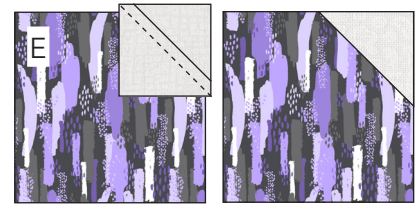
- Thread to match fabrics
- Sewing machine
- Rotary cutter, ruler and mat
- Basic sewing supplies

SQUARE BLOCKS

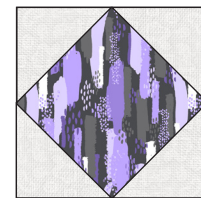
1. Draw a diagonal line on the wrong side of (180) **J** 3-1/2" squares using a marking pen. Set aside 160 squares for rectangular "Geese" blocks.



2. Lay (1) **J** squares on end of (1) **E** 6-1/2" square. Sew along the drawn line. Trim the fabric 1/4" from the stitching as indicated by the solid line. Press the **J** piece open.

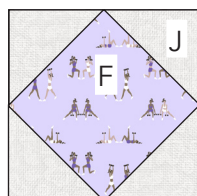


3. Sew **J** squares to the other 3 corners of the **E** square, trim and press in the same manner to make each square unit. Unit should measure 6-1/2" square including seam allowance.

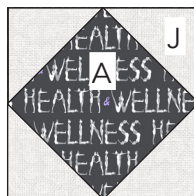


Make 2

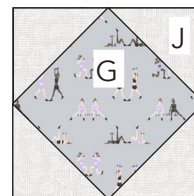
4. Repeat steps 1-3 using **A**, **F** and **G** 6-1/2" squares.



Make 1



Make 1



Make 1



Power Up

RECTANGULAR "GEESE" BLOCKS

5. Lay (1) **J** square to one end of (1) **A** 3-1/2 x 6-1/2" rectangle. Sew along the drawn line. Trim the fabric 1/4" from the stitching as indicated by the solid line. Press the **J** piece open.



6. Sew (1) **J** square to the other end of the **A** rectangle, trim and press in the same manner to make a flying geese unit that points up. Unit should measure 3-1/2" x 6-1/2" including seam allowance. Make 4.



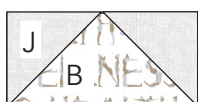
Make 4

7. Sew (2) **J** squares to the ends of (1) **A** rectangle noting the orientation of the rectangle to make a flying geese unit that points down. Unit should measure 3-1/2" x 6-1/2" including seam allowance. Make 3.

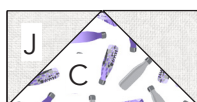


Make 3

8. Repeat steps 5-7 using **B, C, D, E, F, G** and **I** 6-1/2" rectangles.



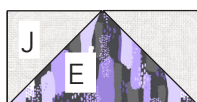
Make 4



Make 6



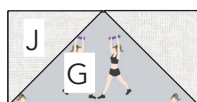
Make 7



Make 4



Make 4



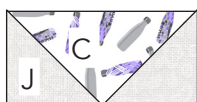
Make 6



Make 5



Make 3



Make 3



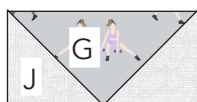
Make 5



Make 7



Make 5



Make 8



Make 6

VERTICAL ROW ASSEMBLY

9. Arrange (1) square and (16) rectangles in a vertical row following the Quilt Layout on page 5. Make 5 vertical rows. Sew the squares and rectangles in the row together. Block rows should measure 6-1/2" x 54-1/2" including seam allowance.

10. Sew the block rows and the **H** strips together to make the quilt center. Quilt center should measure 36-1/2" x 54-1/2".

BORDERS

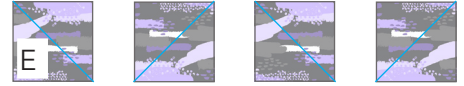
11. **A BORDER:** Take (1) **A** 2" x 54-1/2" inner border and sew to long sides of quilt center. Sew (2) **K** 2" squares to ends of 36-1/2" inner borders. Sew (1) to top and bottom of quilt.

12. **F BORDER:** Sew (1) **F** 4" x 57-1/2" border strips to long sides of quilt center.

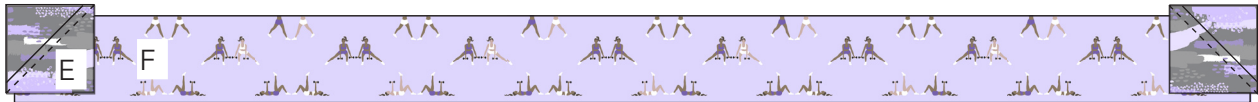


Power Up

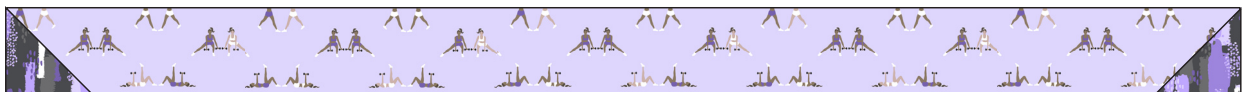
13. Draw a diagonal line on the wrong side of (4) **E** 4" squares.



14. To make the top border, lay (2) **E** square to the ends of (1) **F** 4" x 46-1/2" border. Sew along the drawn line. Sew (2) **E** squares to the lower corners of (1) **F** border to make the bottom border. Trim the fabric 1/4" from the stitching as indicated by the solid line.



15. Press the **E** piece open.



16. Borders should measure 4" x 46-1/2" including seam allowance. Sew to top and bottom of inner border.

FINISHING: Layer quilt top, batting and backing together to form quilt sandwich. Baste and quilt as desired. Bind using **K** 2-1/4" strips.



Power Up

QUILT LAYOUT

