

# ***QUICK MEASUREMENT!***

Elective 3b plus credit for one extra elective

You have several things with you all the time that can help you make quick measurements if you don't have anything else. Because you are still growing, you would need to check these a few times a year if you want to use them! Once you are an adult, they will stop changing and are even more useful.

## **Finger and Hand!**

Measure across tip of finger:

inch \_\_\_\_\_

cm \_\_\_\_\_

Measure across palm:

inch \_\_\_\_\_

cm \_\_\_\_\_

Measure length of finger:

inch \_\_\_\_\_

cm \_\_\_\_\_

Measure across spread hand:

inch \_\_\_\_\_

cm \_\_\_\_\_

## **Foot and Legs!**

Measure Length of Foot:

inch \_\_\_\_\_

cm \_\_\_\_\_

Measure Length of Step:

Stand straight feet together,

relax,

take two relaxed steps,

measure from starting heels to ending heels

divide by 2

inch \_\_\_\_\_

feet \_\_\_\_\_

## Whole Body!

Measure your Height:

inch \_\_\_\_\_

feet \_\_\_\_\_

Measure your Arm Span:

inch \_\_\_\_\_

feet \_\_\_\_\_

Notice that it's about the same as your height.