

Personal Measurements

NAME _____ DATE _____

Ever wanted to measure something but couldn't because you didn't have a ruler? In fact, you carry a measuring tool with you all the time--yourself!

In the spaces provided, record the inches and feet of your personal measurements. You can use them to determine how far you hike, the true size of the fish you caught for dinner, and anything else you want to measure.

As you grow, your size will change. Update your personal measurements chart every six months.



Handspan

Length from thumb to little finger of outstretched hand.



Finger Length

Length of Index Finger



Shoe Length

Distance from heel to toe of shoe.



Foot Length

Distance from heel to tip of big toe.



Height

How tall you are.



Arm Reach

Distance from floor to tip of upstretched arm.



Arm Length

Distance from shoulder to tip of finger of outstretched arm.



Arm Span

Distance from fingertip to fingertip of both outstretched arms.



Pace, Walking

The length of your walking step.



Pace, Running

The length of your running step.

NOTE: YOUR PACE IS THE LENGTH OF YOUR DOUBLE STEP!