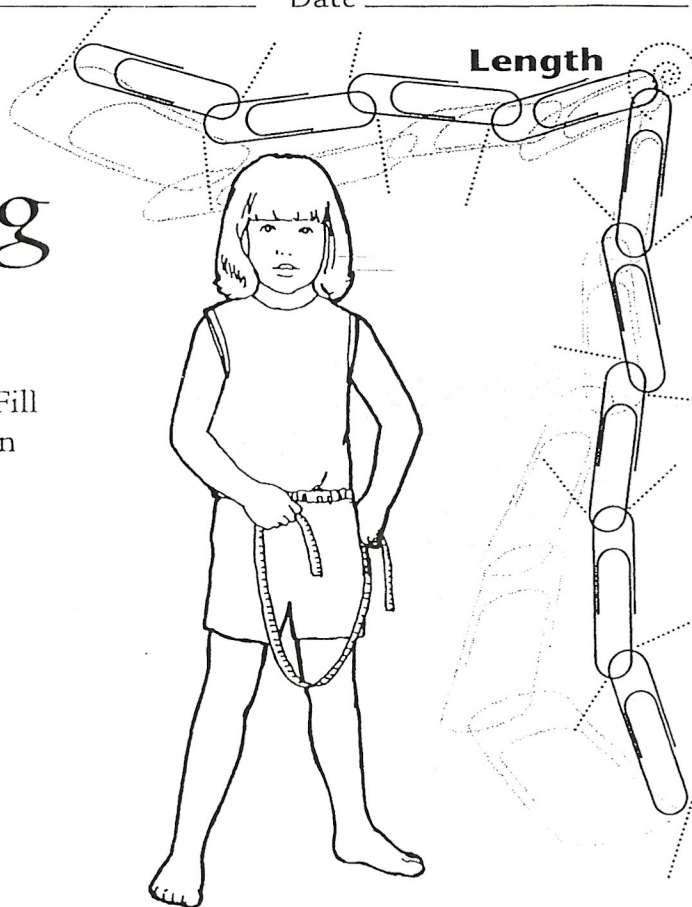


Name _____ Date _____


Metrics and Me—Measuring Myself

You can measure yourself with a partner's help. Fill in the chart by using a meter tape measure. When you wrap the meter tape around something, you are measuring its circumference.



BODY PART

ACTUAL MEASUREMENT IN CENTIMETERS

1. Circumference of my head _____
2. Circumference of my wrist _____
3. Across my hand  _____
4. Distance from my elbow to my wrist _____
5. Length of my foot _____
6. Circumference of my neck _____
7. Circumference of my knee _____
8. Length from knee to ankle _____
9. Distance from one outstretched hand to another _____
10. Length of arm from shoulder to end of hand _____

← measure for a friend across their back