

Name: _____

You need to have these measurements **before** completing the online survey. Make sure that you have a measuring tape to complete the following.
(Take measurements to one decimal place)



Height:

What is your height, without shoes, in centimetres?
_____ cm

(A tape measure fixed to the classroom wall might help you in determining your height)

Arm Span:

What is your arm span in centimetres?
_____ cm

*(Remember to open your arms wide, measure from the tip of your right hand **middle** finger to the tip of your left hand **middle** finger. You can stand straight up against a wall or chalkboard with your arms outstretched. Mark a dot at the tip of the middle finger of each hand and measure the distance between the dots.)*



Does your arm span measure the same as your height? _____

Foot Length:

What is the length of your right foot, without a shoe, in centimetres?
_____ cm



Forearm: Elbow to Wrist

What is the length of your right forearm, from your elbow bone to your wrist bone, in centimetres?
_____ cm

Is your foot the same length as your forearm? _____

Wrist Circumference:

What is your wrist circumference in **millimetres**? _____ mm

*(Remember, this time we're asking for **millimetres**, not centimetres!)*



