

My Measurements

Have an adult use a measuring tape to help you measure these parts of your body.

My hand is about _____ inches long.

My foot is about _____ inches wide.

My arm from shoulder to wrist is _____ inches long.

My shoulders are _____ inches wide.

My leg from hip to knee is _____ inches long.

My leg from knee to ankle is _____ inches long.

My head is _____ inches around.

My face is _____ inches long.

My face is _____ inches wide.

I am _____ inches tall.

