

Measurement	Length or circumference (cm)
Width of my shoulders	
Width of my wingspan	
Length of my upper arm, elbow to shoulder	
Top of my head to my belly button	
Around the base of my thumb	
Around my wrist	
Around my upper thigh	
Around my ankle	
Length from the top of my knee cap to the floor	
Length of my forearm, inside of my elbow to wrist	
Length of my foot	

*Does the length of your foot equal the length of your forearm? _____

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