

# Body Measures

Estimate then measure your different body parts.  
Make strips the same length to compare with your friends

estimate  
actual

Round my **head** =

estimate  
actual

Round my **shoulders** =

estimate  
actual

My **arm** =

estimate  
actual

Round my **chest** =

estimate  
actual

estimate  
actual

My **height** =

Round my **waist** =

estimate  
actual

Round my **hips** =

estimate  
actual

My **hand** =

estimate  
actual

Round my **knee** =

estimate  
actual

My **leg** =

estimate  
actual

My **longest measurement**  
was my \_\_\_\_\_

My **shortest measurement**  
was my \_\_\_\_\_

My **foot** =

estimate  
actual