

Name _____

Measuring Me

Measure different parts of your body using customary and metric units of measure. Choose an appropriate unit of measure. Record your measurements on this page.

| My Measurements | | |
|---------------------------------------|-----------|--------|
| | Cutsomary | Metric |
| Head (circumference) | | |
| Across Shoulders | | |
| Arm (shoulder to wrist) | | |
| Hand (wrist to end of longest finger) | | |
| Waist | | |
| Inseam | | |
| Foot | | |

| My Group (Customary) | | | | | |
|----------------------|----|---|---|---|------|
| | Me | 2 | 3 | 4 | Mean |
| Head | | | | | |
| Shoulder | | | | | |
| Arm | | | | | |
| Hand | | | | | |
| Waist | | | | | |
| Inseam | | | | | |
| Foot | | | | | |

| My Group (Metric) | | | | | |
|-------------------|----|---|---|---|------|
| | Me | 2 | 3 | 4 | Mean |
| Head | | | | | |
| Shoulder | | | | | |
| Arm | | | | | |
| Hand | | | | | |
| Waist | | | | | |
| Inseam | | | | | |
| Foot | | | | | |

Reflect upon your investigation. Use the back of this page to explain how these measurements could be used in a real-world situation.