

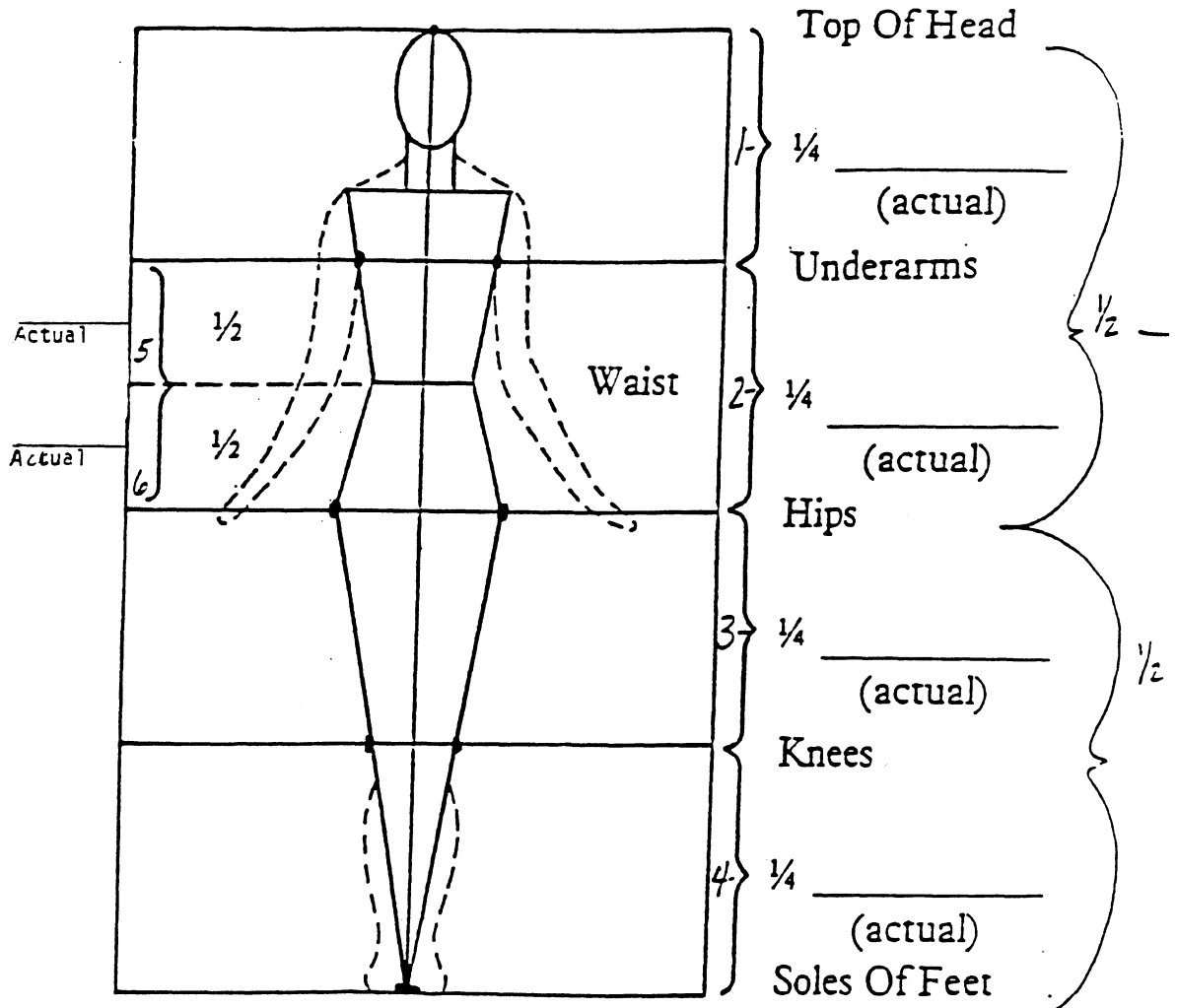
PROPORTION BY HEIGHT

Name _____ Period _____

Take your height without shoes, and divide the number of inches by four. (For example, a height of 64" divided by 4 = 16 inches or 4 quarters.) Compare those quarters with your actual proportions.

To measure your proportions, tape paper to a wall, from the floor to slightly above your head mark your break points (as shown in the Figure below) on the paper. Turn sideways to mark the chin. The hip mark should be made where the buttocks touch the wall.

Record the following 7 measurements from the markings on the paper.



7. _____ Total height divided by 4 =
or 1/4 body height

If we were proportioned ideally, our height would be divided into proportions of equal length. If you have a long torso, your legs will seem shorter. Conversely, if your legs are long the rest of your torso will seem shorter.