

Name _____

Period _____ Date _____

Measurement Chart for Boys

Fall Due Date _____

Spring Due Date _____

| Measurement | Fall | Spring | Notes |
|--------------------|------|--------|-------|
| Resting Heart Rate | | | |
| Height | | | |
| Weight | | | |
| Right Bicep | | | |
| Left Bicep | | | |
| Chest | | | |
| Waist | | | |
| Hips | | | |
| Right Thigh | | | |
| Left Thigh | | | |
| Right Calf | | | |
| Left Calf | | | |
| Right Foot | | | |
| Left Foot | | | |

Fall Parent Signature _____

Spring Parent Signature _____

DIRECTIONS FOR MEASUREMENT CHART

- place measuring tape on skin, do not squeeze
- measure all muscles in a flexed position
- measure in inches
- measure to the closest $\frac{1}{4}$ "
- measure partner, not yourself
- shoes are off during;
 - height
 - weight
 - R & L foot
- waist measurement - *boys= above belly button *girls= at natural curve
- hip measurement at largest part