



Name _____
Period _____ Date _____

Fall Due Date _____
Spring Due Date _____

Measurement Chart for Girls

Measurement	Fall	Spring	Notes
Resting Heart Rate			
Height			
Weight			
Right Bicep			
Left Bicep			
Bustline			
Waistline			
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