

# My Own Measurements

NAME \_\_\_\_\_

Estimate each of the following measurements, in inches. Then, use a measuring tape to find the actual measurements.

BODY PART	ESTIMATE	ACTUAL
Your Height		
Your Chest		
Your Waist		
Your Hips		

1. Compare your estimates with the actual measurements. How close were they?

2. Find your numbers on the appropriate chart below. Circle them.

GIRLS	SIZE				
	7	8	10	12	14
Height	49"	52"	55"	58"	60"
Chest	26"	27"	28"	30"	32"
Waist	22.5"	23"	24"	25"	26"
Hips	27"	28"	30"	32"	34"

BOYS	SIZE				
	8	10	12	14	16
Height	52"	55"	59"	62"	64"
Chest	27"	28"	30"	32"	33"
Waist	23"	24"	25"	26"	27.5"
Hips	27"	28"	29"	31"	33"

3. Do the sizes in the chart match the sizes that you wear?