

Name (will be encoded for exclusivity):

Dominant writing Hand: (right/left/both) (circle one)

Dominant eye: (right/left/both) (circle one)

Eye color:

Baseball swing preference: (right/left/both) (circle one)

Age:

Gender:

Ethnicity:

Measurement tool and units (metric/standard):

Time spent on survey (minutes):

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1. Measure standing height, from floor to the top of the head.

Height:

2. Measure height from the top of the head to below the chin.

Head height:

3. Measure the distance around head, measured right above ears and eyes.

Head circumference:

4. Measure the length of your hand from middle fing to wrist (horizontal line below the palm).

Hand length:

5. Measure the width of your hand from pinkie finger to thumb fully stretched.

Hand width:

6. Length from middle finger to elbow

Elbow to fingertip length:

7. Measure from the line in your elbow to the crease of your arm

Elbow to armpit length:

8. Standing flatfooted, measure length from floor to the extended arm maximum point.

Standing reach length:

9. Measure the length from each middle finger, while arms are fully extended.

Arm span:

10. Measure length of foot from largest toe to back of heel.

Foot length:

11. Measure the distance from floor to the knee pit

Floor to knee pit:

12. Measure the distance from the floor to the hip (where your pant line rests).

Floor to hip:

13. Measure the distance from the floor to the navel (belly

Floor to naval:

14. Measure the distance from the floor to the arm pit.

Floor to armpit: