

Name: _____

What is your dominant hand? _____

What is your dominant eye? _____

What color are your eyes? _____

What side is your dominant swing of a bat? _____

How old are you? _____

By what gender do you currently identify? _____

What is your ethnicity? _____

Measurement Guide

height	Standing height of the individual, preferably with NO SHOES on
head.height	Height from the top of the head to below the chin
head.circumference	Distance around head, measured right above ears/eyes
hand.length	Length of hand from middle finger to wrist
hand.width	Width of hand from pinkie finger to thumb fully stretched
hand.elbow	Length from middle finger to elbow
elbow.arpit	Length from elbow to arm pit
arm.reach	Standing flatfooted, length from floor to the extended arm
arm.span	Length from each middle finger, fully extended
foot.length	Length of foot from largest toe to back of heel
floor.kneepit	Distance from floor to the knee pit
floor.hip	Distance from the floor to the hip
floor.navel	Distance from the floor to the navel
floor.arpit	Distance from the floor to the arm pit

Notes:

(To be completed later)

Circle One: Imperial Metric

Body Part	Measurement	
height		
head.height		
head.circumference		
floor.navel		
arm.span		
	Right	Left
hand.length		
hand.width		
hand.elbow		
elbow.earmpit		
arm.reach		
foot.length		
floor.kneepit		
floor.hip		
floor.earmpit		

How long did this take? _____

What is the overall quality of the measurements? (1-10) _____