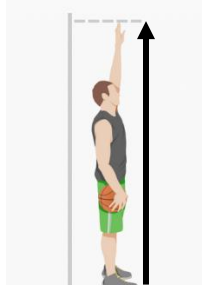


Take two measurements for each arm, first being the length from your middle finger to your elbow (measured on the inside) right arm __cm, left arm __cm.

Second the length from your elbow to your armpit right arm __cm, left arm __cm.

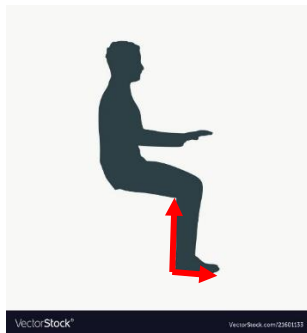


Measure the standing reach (flat footed, how far can you reach on a wall with the tip of your finger) __cm,



Take two measurements for each foot and leg, your right foot __cm, left foot __cm.

Second the sitting length from the floor to your knee pit (like armpit but for your knee) right leg, __cm, left leg __cm.



Measure the circumference of your head __cm.

