Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period \_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Fall Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spring Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Measurement Chart for Boys

|  |  |  |  |
| --- | --- | --- | --- |
| Measurement | Fall | Spring | Notes |
| Resting Heart Rate |  |  | **Directions:** |
| Height |  |  | -Lay tape on skin, do not squeeze tap |
| Weight |  |  | -Measure all muscles in a flexed position |
| Right Bicep |  |  | -Measure in inches |
| Left Bicep |  |  | -Measure to the closest ¼ inch |
| Chest |  |  | Measure partner, not yourself |
| Waist |  |  | Shoes are off during (height, weight, R & L foot) |
| Hips |  |  | Waist measurement:Boy: Above belly button |
| Right Thigh |  |  | Girls: At natural curve |
| Left Thigh |  |  | Hip measurement at largest part of gluteus maximus |
| Right Calf |  |  |  |
| Left Calf |  |  |  |
| Right Foot |  |  |  |
| Left Foot |  |  |  |

Fall Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spring Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period \_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Fall Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spring Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Measurement Chart for Girls

|  |  |  |  |
| --- | --- | --- | --- |
| Measurement | Fall | Spring | Notes |
| Resting Heart Rate |  |  | **Directions:** |
| Height |  |  | -Lay tape on skin, do not squeeze tap |
| Weight |  |  | -Measure all muscles in a flexed position |
| Right Bicep |  |  | -Measure in inches |
| Left Bicep |  |  | -Measure to the closest ¼ inch |
| Bustline |  |  | Measure partner, not yourself |
| Waistline |  |  | Shoes are off during (height, weight, R & L foot) |
| Hips |  |  | Waist measurement:Boy: Above belly button |
| Right Thigh |  |  | Girls: At natural curve |
| Left Thigh |  |  | Hip measurement at largest part of gluteus maximus |
| Right Calf |  |  |  |
| Left Calf |  |  |  |
| Right Foot |  |  |  |
| Left Foot |  |  |  |

Fall Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spring Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_