

# Metric Body Measurements



Measure your body to familiarize yourself with metric system length and mass (weight) units.

- 1. My hand span: \_\_\_\_\_ cm**  
**(measure outstretched hand between tip of thumb and tip of little finger)**
- 2. The width of my \_\_\_\_\_ fingernail: \_\_\_\_\_ cm or \_\_\_\_\_ mm**
- 3. The width of the back of my hand: \_\_\_\_\_ cm**
- 4. My height: \_\_\_\_\_ cm**
- 5. My mass: \_\_\_\_\_ kg**