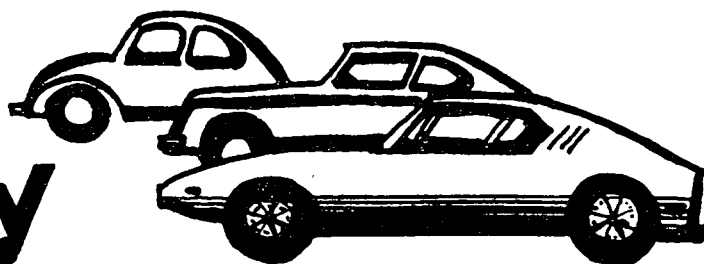
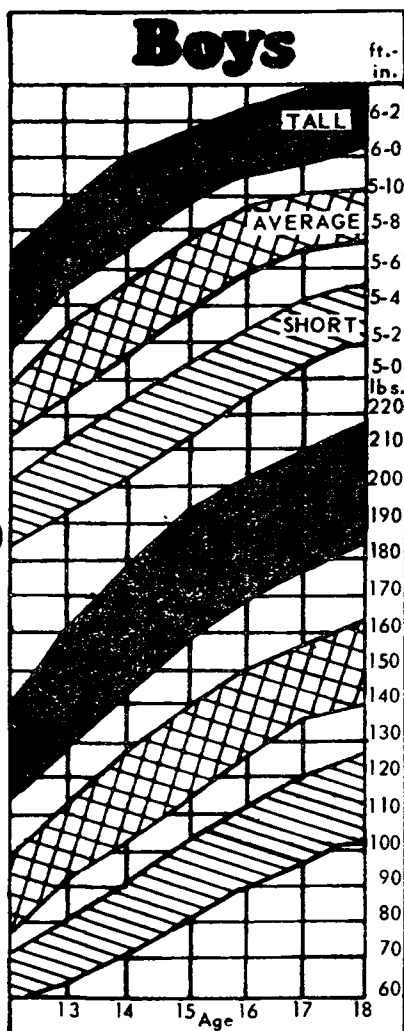


# Check Out the Body



The shaded areas show the ranges of actual heights and weights for most teenagers in the U.S.



1. FIND YOUR AGE along the bottom of the chart. Draw a heavy vertical line up from your age to the top of the chart.

What is the range of heights for most persons your age?

2. FIND YOUR HEIGHT on the top part of the chart and draw a horizontal line. Mark an X where the line for your height crosses your age line. Find the shaded section closest to your height.

Are you tall, average, or short compared to other teens your age?

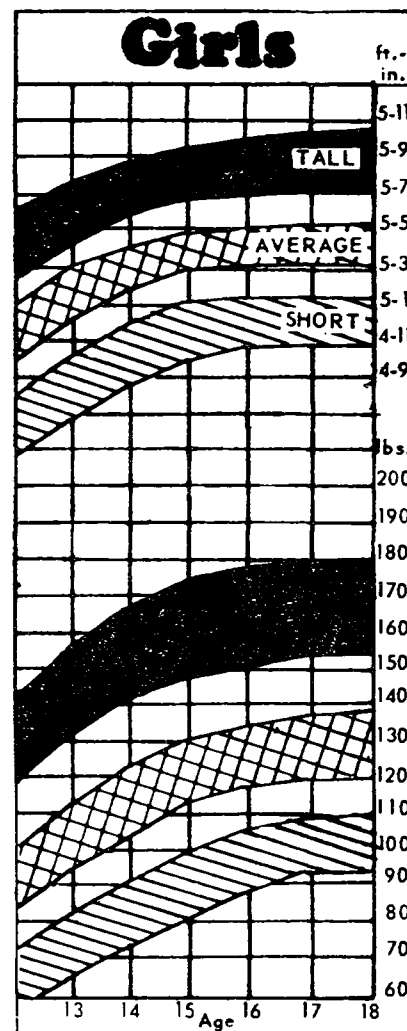
3. FIND YOUR WEIGHT on the bottom part of the chart and draw a horizontal line. Mark an X where the line for your weight crosses your age line. The weight range for most "tall" teens is shown by the shaded area; for most "average" teens by the shaded area; and for most "short" teens by the shaded area.

What is the weight range for most teens your age in your height category?

Does your weight fall in this range?

If not, what are some reasons why?

If you are concerned about your weight, a doctor can help you decide if you need to gain or lose weight.



Adapted from data of Howard J. Meredith and Virginia B. Knott.

My height is            tall            average            short

Most teens my age and height weigh \_\_\_\_\_ to \_\_\_\_\_ pounds.

4-H 9371

Reprinted January 1984



Extension Service, Oregon State University, O.E. Smith, acting director. Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Extension invites participation in its programs and offers them equally to all people.