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Growth Curve for 4-H Members: Extension Circular 0-25-2

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Growth Curve For 4-H Members

Charting your height and weight on a growth curve can give you an accurate reliable picture of your present and future health and growth.

Name ___________________________ Age _____ January 1, 19_______

Parent ___________________________ Address _________________________

Name of Club _____________________ Leader _________________________
How to Chart Your Growth Curve

Keep this growth curve for several years. It can be your 4-H HEALTH CRYSTAL BALL

1. With the help of your leader, weigh and measure yourself.

2. Write the date, your age, weight and height in the table on this page.

3. Look at the top half of the chart on page 3 or 4. Weight is indicated on the left side beginning at 50 and going up to 140 pounds for girls and 160 pounds for boys. Age is indicated across the top beginning at 8 and ending at 18. Three lines curve across the page. The middle one is average. The top and bottom lines show the extent a girl or boy may vary from average and still be normal.

4. Put a dot on the chart at the point where your age and weight meet.

5. Look at the bottom half of the same chart. Height is indicated on the left side, beginning at 45 and going up to 75 inches. Age is indicated across the bottom beginning at 8 and ending at 18. The three lines on this chart indicate the average and the limits in which you may vary and still be normal for your age.

6. Put a dot on the chart at the point where your age and height meet.

7. Weigh and measure again before this 4-H club project ends to see if you have grown normally. Start your own growth curve by drawing a colored line between the dots.

8. Ask your parents if they have any height and weight records for you when you were five or more years old. If they do, compare them with the record on your chart.

9. If your weight or height curve is outside the lines on the chart, talk to your doctor about it. He can tell you how to improve your health habits, or explain family history that may account for the outside curves.

MY RECORDS

<table>
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<tr>
<th>Date</th>
<th>Age</th>
<th>Weight</th>
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WEIGHT-AGE CURVE

HORIZONTAL LINE = 2 IBS.
VERTICAL LINE = 2 MONTHS

FOR GIRLS

HEIGHT-AGE CURVE

HORIZONTAL LINE = 1 IN.
VERTICAL LINE = 2 MONTHS

Age in Years

Weight in Pounds

Height in Inches

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140
8 9 10 11 12 13 14 15 16 17 18

45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140
WEIGHT-AGE CURVE
HORIZONTAL LINE = 2 LBS.
VERTICAL LINE = 2 MONTHS

HEIGHT-AGE CURVE
HORIZONTAL LINE = 1 IN.
VERTICAL LINE = 2 MONTHS