

Equipment Checklist

10. Height

- Two tape measures stapled to the wall
- Textbooks for students to place on heads when measuring (not rulers)

11. Feet lengths

- Measurement card (provided); taped and trimmed to size (consider laminating it first)

12. Left wrist circumference

- Tape measure

13. Left thumb circumference

- Piece of string (about 10cm long)
- Ruler

16. School bag weight

- Digital scales (e.g. bathroom)

19. Standing on left leg

- Stopwatch, timer or clock

And last, but not least:

- Devices to complete the survey online