Guess Your Adult Height ~ Name:_____

One formula used to estimate the height of a full grown child is to take the parents' height in inches and apply the "Rule of Five." Here is an example:

Assume a child has a 5 ft. 3 in. mother (63 inches) and a 6 ft. father (72 inches).

For boys, take the father's height (72 inches) and add the mother's height plus five inches (68 inches). Then add them together (140 inches), and divide by two (70 inches). The boy will be about five-foot-ten as an adult male.

For girls, take the father's height (72 inches) minus five inches (67 inches). Add the mother's height (63 inches). The result is 130 inches, divided by two (65 inches). The girl will probably be five-foot-five when she's fully grown.

Your assignment:
Find your mother's parents heights (your maternal grandparents) and compare the results of the "Rule of Five" formula to your mother's actual height. Then find your father's parents heights (your paternal grandparents) and compare the results of the "Rule of Five" formula to your father's actual height. (reference Dr. Jay Gordon web site).Finally, use your parent's heights to estimate your adult height. And remember, your mileage may vary! This is only an estimate.

Additional information about growth and growth rates: "How Tall Will I Be?" By APEX Consulting Group, Inc. at http://www.apex-sap.com/height.htm.