

**Activity: Keep your pet or your own records!**

You can keep your own records at home by finding your pet’s or your own metamorphic measurements. Make sure you keep track of your food intake or your pet’s too. Make sure you record the weight and length once a week and keep track of food intake daily! Feel free to do more than one pet’s records or another person in your family.

**Materials:**

- A household pet or yourself
- Measuring tape
- Bathroom scale
- Measuring cup (if you cannot measure the food with a scale)
- Pencil
- Paper or printed table provided below

**Instructions:**

1. Using the measuring tape, cm side up, have another person help you by measuring your pet’s length from tip of nose to tip of tail. If you are measuring yourself, while standing, measure from your heel to the top of your head (cm) and record your results in the table.
2. To measure girth of your pet, stand over them and place the end of your measuring tape on its spine, just above the widest part of their rib cage. With your other hand, wrap the tape measure behind its front legs and around its body. Place this end next to the beginning of the measuring tape. Put your thumb on the number that meets up with the beginning of the measuring tape, the higher number is the girth measurement. To measure your own girth, while standing, place the beginning of the measuring tape just above your hip bone with your thumb. Bring the measuring tape around your body to meet up with the beginning of the measuring tape where your thumb is. The higher number is your waist girth measurement. Record your results in the table using cm.
3. Using a bathroom scale, weigh your pet or yourself and record your results in the table (lbs)
4. To measure your pet’s food intake, weigh out their food before you feed them and weigh what is leftover. To measure your own food intake, weigh out your food before you eat and weight what is leftover. Make sure you know the weight of the food bowl and you plate so you can subtract that from the overall weight! If you do not have a scale feel free to use a measuring cup.
5. Continue the above steps on the same day of the week for two more weeks.

**Morphometric Measurements:**

	Week 1	Week 2	Week 3
Length (cm)			
Girth (cm)			
Weight (lbs)			

Food Intake

	Date	Amount of food given	Amount of food leftover
Week 1			
Week 2			
Week 3			

Discussion Questions:

- Did you do more than one pet or person? Was one smaller than the other? Did food intake vary based on size of the pet or person?
- Do you think seasonal changes would affect your pet or your own morphometrics or food intake?
- If you could do this activity again would you add a different morphometric measurement? If so, which one?