

4-H Buymanship Project

This is one of the activities that can be chosen to be included in your e-record.

Self-Assessment (Getting to Know Myself)

Section 1: Analyzing Body Features

Direction: Circle the appropriate body features which best describe your body. To the right, fill in an appropriate garment style for that body feature. Refer to "Find Your Physique located on the website at: _____

Body Characteristic	Garment Style
Silhouette	
Height: Tall <input type="checkbox"/> Average <input type="checkbox"/> Short <input type="checkbox"/>	_____
Frame: Small-boned <input type="checkbox"/>	_____
Medium-boned <input type="checkbox"/>	_____
Large-boned <input type="checkbox"/>	_____
Contour: Slender <input type="checkbox"/> Plump <input type="checkbox"/>	_____
Stocky <input type="checkbox"/> Angular <input type="checkbox"/>	_____
Face/Complexion	
Shape: Oval <input type="checkbox"/> Round <input type="checkbox"/> Square <input type="checkbox"/>	_____
Pear-shaped <input type="checkbox"/>	_____
Texture: Smooth <input type="checkbox"/> Uneven <input type="checkbox"/> Clear <input type="checkbox"/>	_____
Pimpled <input type="checkbox"/>	_____
Neck	
Length: Long <input type="checkbox"/> Average <input type="checkbox"/> Short <input type="checkbox"/>	_____
Width: Narrow <input type="checkbox"/> Average <input type="checkbox"/> Wide <input type="checkbox"/>	_____
Shoulders	
Width: Broad <input type="checkbox"/> Average <input type="checkbox"/> Short <input type="checkbox"/>	_____
Pitch: Sloping <input type="checkbox"/> Average <input type="checkbox"/> Square <input type="checkbox"/>	_____
Arms	
Length: Long <input type="checkbox"/> Medium <input type="checkbox"/> Short <input type="checkbox"/>	_____
Chest/Bust	
Chest (guys only) Muscular <input type="checkbox"/> Normal <input type="checkbox"/>	_____
Slim <input type="checkbox"/>	_____
Bust (gals only)	_____
Placement: High <input type="checkbox"/> Average <input type="checkbox"/> Low <input type="checkbox"/>	_____
Cup: Large <input type="checkbox"/> Average <input type="checkbox"/> Small <input type="checkbox"/>	_____
Waist	
Placement: High (Short) <input type="checkbox"/> Average <input type="checkbox"/>	_____
Low (long) <input type="checkbox"/>	_____
Width: Large <input type="checkbox"/> Average <input type="checkbox"/> Small <input type="checkbox"/>	_____

Abdomen

Shape: Flat Protruding

Back

Contour: Overly erect
Normal curve
Excessively curved

Hips

Size: Wide Average Narrow

Legs

Length: Long Average Short

Other:

Date Completed: _____

Section 2: Personal Style

My body type can be described as

My facial features are

My natural walk and body gestures can be described as

My behavior is generally

I think my personal style type is closest to _____

My Personal Image

The personal style traits that I feel good about are

The personal style traits that I would like to change to more clearly reflect the real me are:

Date Completed: _____

Section 3: Personal Coloring and Colors

My personal color is (Circle one in each category on each line).

Skin

Tone: Light Medium Dark
Undertone: Yellowish Blue-Pink

Hair

Tone: Light Medium Dark
Color: Blonde Brown Black Red

Eyes

Tone: Light Medium Dark
Color: Blue Green Grey Black-Brown

My Three most flattering colors are:

1. _____
2. _____
3. _____

Date Completed: _____

Section 4: Life Style Analysis

Personal Data (Check the most appropriate description.)

Where you live:

_____ Farm _____ Small Town
_____ Urban _____ Rural nonfarm
_____ Suburban

What types of activities are you required to do at home? _____

List the school and community clubs and organizations in which you are involved: _____

List the six adjectives which you think best describe you. These do not have to be related to clothing. You may find it helpful to refer the resources list on the website at: _____.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Date Completed: _____