



## 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
<b>Silhouette</b>	
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"/>	_____
<b>Face/Complexion</b>	
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"/>	_____
<b>Neck</b>	
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"/>	_____
<b>Shoulders</b>	
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"/>	_____
<b>Arms</b>	
Length: Long <input type="checkbox"/> Medium <input type="checkbox"/> Short <input type="checkbox"/>	_____
<b>Chest/Bust</b>	
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"/>	_____
<b>Waist</b>	
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:** \_\_\_\_\_