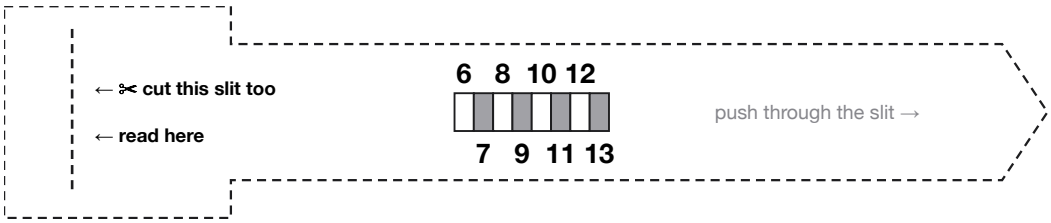
The finger challenge

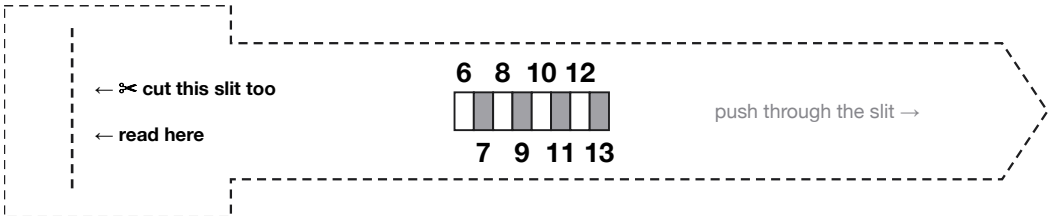
Who has the biggest finger at the table? Measure everyone, then turn the page to see how you compare with the world.

1. Cut out a strip along the dashed lines, and its slit.
2. Wrap it around your index finger, over the middle knuckle, numbers facing out.
3. Push the pointed end through the slit and pull until it's snug. **Your number is the box at the slit.** Write it down.

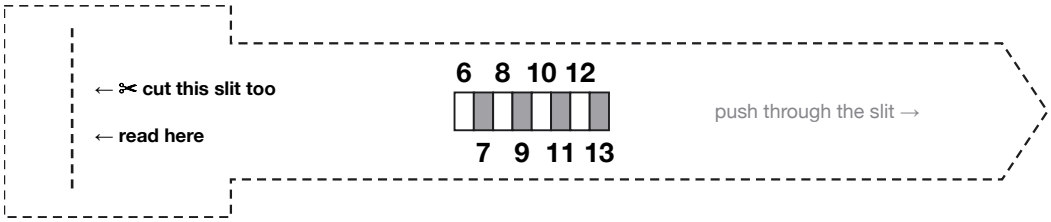
6	7	8	9	10	11	12	13
Slim	Slender	Fine	Classic	Solid	Strong	Mighty	Giant



Name _____ Number _____



Name _____ Number _____

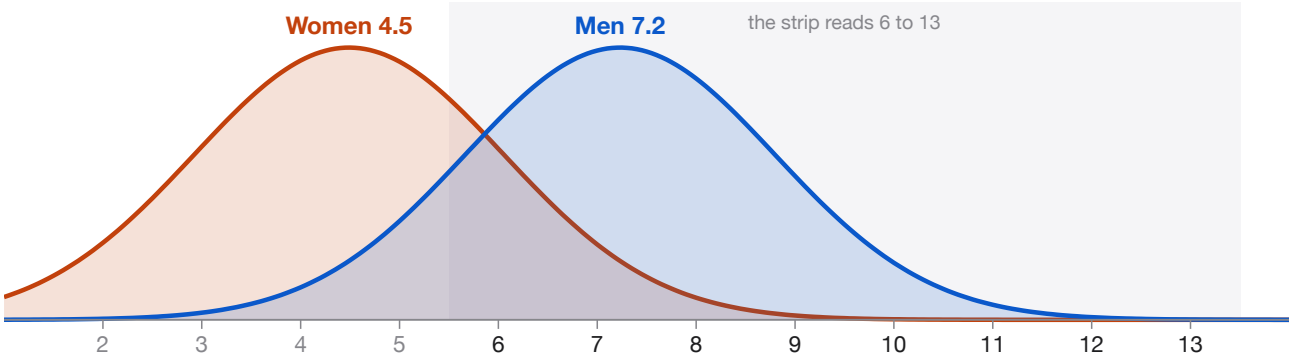


Name _____ Number _____

Print at 100%, not "fit to page", or the challenge is not fair.

How do you compare?

Index fingers, measured at the middle knuckle, just like the strip.



Measured: 159 adults, Minnesota State Fair. Boike et al., Journal of Hand Surgery Global Online, 2025. Average man 7.2, average woman 4.5; two people in three are within 1½ of their average.

Where do you rank?

YOUR NUMBER	BIGGER THAN MEN	BIGGER THAN WOMEN
6 Slim	22%	83%
7 Slender	44%	95%
8 Fine	69%	99%
9 Classic	87%	100%
10 Solid	96%	100%
11 Strong	99%	100%
12 Mighty	100%	100%
13 Giant	100%	100%

Around the world

FOURTH FINGER	WOMEN	MEN
United States	5 to 7	8 to 10½
UK and Australia	5 to 6	9 to 10
Germany, Netherlands, Nordics	5 to 6	10 to 10½
France, Italy, Spain	5 to 6	10 to 10½
Japan, China, Korea	5 to 5½	9½ to 10½
India	5 to 6	9 to 11
Russia	5½ to 6½	9 to 10

The most common, as jewellers report them, for the fourth finger. Blue Nile and UK jewellers' charts.

Did you know?

- In the study above, a man's index finger was on average 7 mm rounder than a woman's.
- Right index fingers measured a little thicker than left ones in the same study.
- Fingers shrink in the cold and swell in the heat, and are a little bigger in the evening.
- There are no muscles in your fingers: muscles in your palm and forearm move them, through tendons.
- A fingernail grows about 3 mm a month.