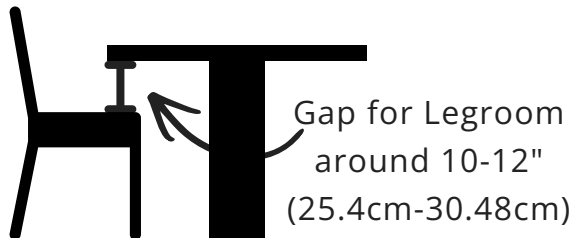
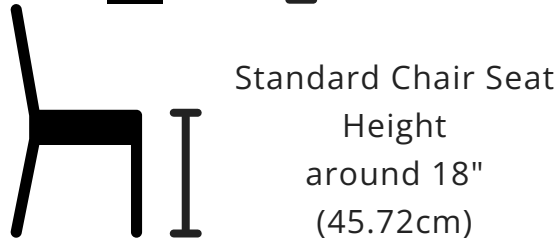
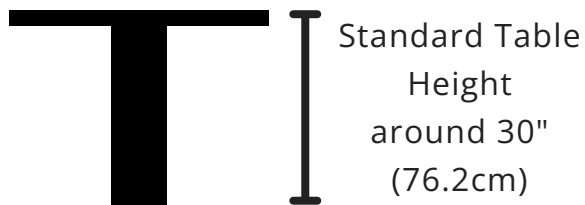


DINING TABLE AND CHAIR HEIGHT WORKSHEET

Discover Interior Design by Carol Gilman

1 REFERENCE MEASUREMENTS



- Mid-20th century 95th percentile taller average male - 6'-2"
- 2023 - 95th percentile taller average male - 6'-2" - 6'-3"

Source: Centers for Disease Control, Anthropometric Data

2 YOUR MEASUREMENTS

Table Height

Chair Seat Height

Legroom Gap

Is there enough legroom between your chair and table?
Yes or No

Is it comfortable sitting at the table for a meal?
Yes or No

Notes:.....

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3 YOUR RECOMMENDATIONS

I would recommend the following changes:

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