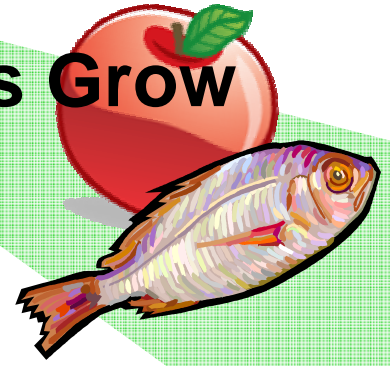


Watching My Fingernails Grow



QUESTION: How fast do your fingernails grow?

MATERIALS:

- fingernail polish
- fingernail file
- paper
- straight pin

PROCEDURE:

1. With extreme care, use a fingernail file to make a horizontal scratch just above the cuticle on three fingers and three toes (your choice).
2. Apply a small dab of nail polish to the scratch to mark it, and remove any excess nail polish with tissue paper.
3. Every week measure the height that the scratch has moved above the cuticle on each finger.
4. Reapply polish on the scratch whenever it is necessary to do so. Continue to measure the growth of each fingernail for a period of 10 weeks.
5. Construct a line graph that displays your data. Be sure to use a different color for each fingernail's growth.

DATA:

WEEK #	NAIL 1 Growth in (mm)	NAIL 2 Growth in (mm)	NAIL 3 Growth in (mm)	NAIL 4 Growth in (mm)	NAIL 5 Growth in (mm)	NAIL 6 Growth in (mm)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

QUESTIONS:

1. What was the average rate of fingernail growth in mm/day?
2. What factors affect the rate of fingernail growth?
3. What choices or activities would improve the health of fingernails?