GROWTH BOARD

Track your children's growth with a portable growth board.

Kudos to whomever thought of this! Back in the day, as they say, parents would track their children's growth in a door jam. In this era of mobility, most families don't stay in the same house/apartment for years. So, this idea is fantastic! A growth board, like this one, can be mounted on any wall and removed to follow the family wherever they go!

The concept is great, just mount a board like this one, 6 inches off the floor, as the first increment on the board starts at six inches, and accurately monitor your children's height as they grow wherever you move on the same board.

A co-worker brought a 1" x 12" Pine board already cut to length and marked with the one-inch increments.

What I did was use a plunge router, equipped with a V-bit, to route out the increment marks at every inch, and every foot mark.

Then using a ¼" round-over bit I rounded the outer front edge of the entire piece.

After sanding it, I flipped it over and used my plunge router, equipped with a Key Hole bit, to cut key hole hanging points.

Here's a pic of some that I found online…

To get started I made a "Straight Edge Guide Jig" using two pieces of ¾" MDF seen in the picture here.

Using a long metal straight edge, I clamped it to the piece to use a stop for the router.

The 12" increment marks are routed out 2 ½" long, and every one-inch increment mark is routed out 1" long. I made spacer blocks, seen in the following pictures to stop the router appropriately. The length of these will depend on the size of the base of your router.

I started at the bottom of the board and worked my way to the top. The straight edge guide jig was to left of the router to start, and as I made my way up the board I switched it to the right.


Professional Guide
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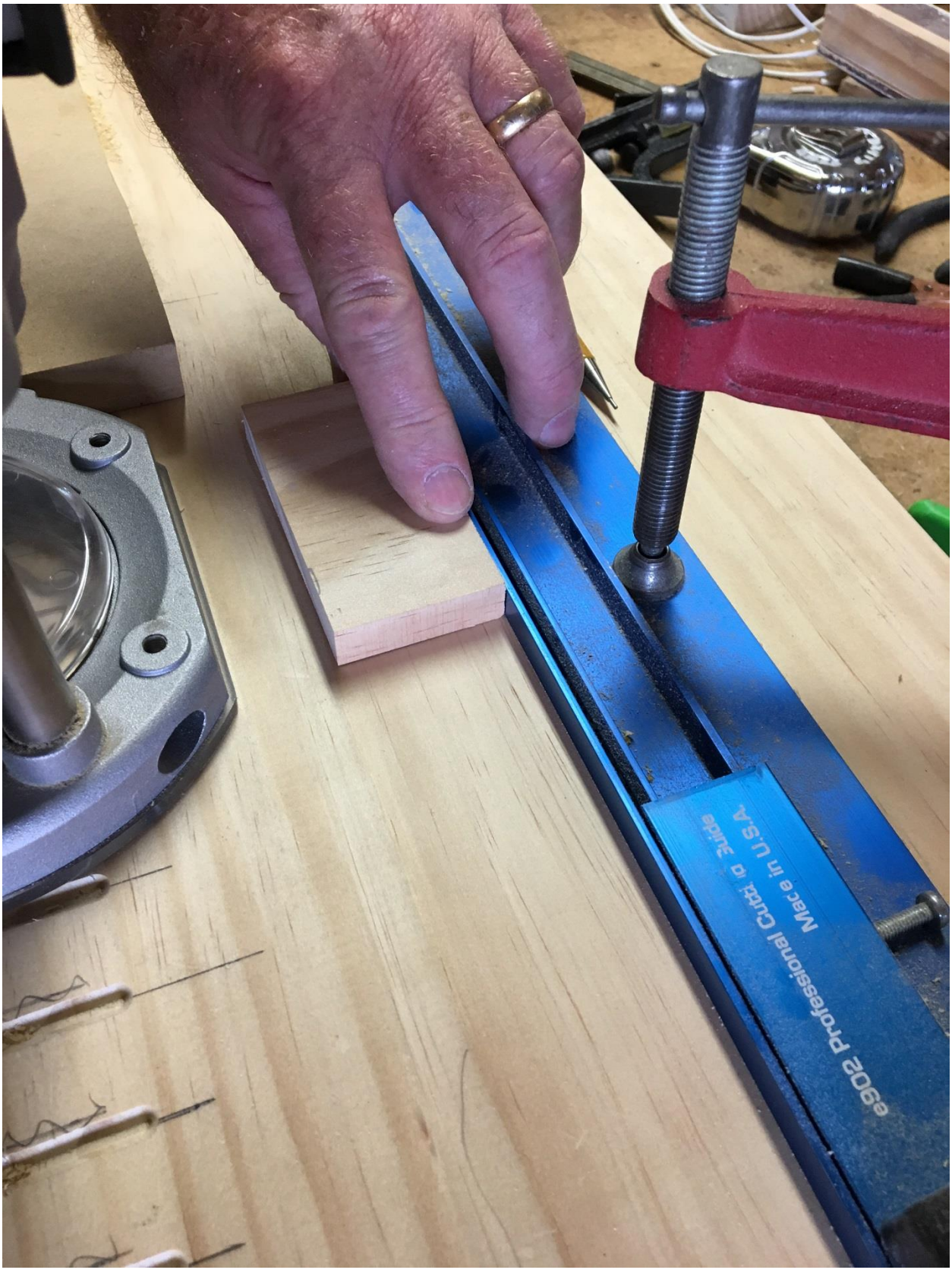
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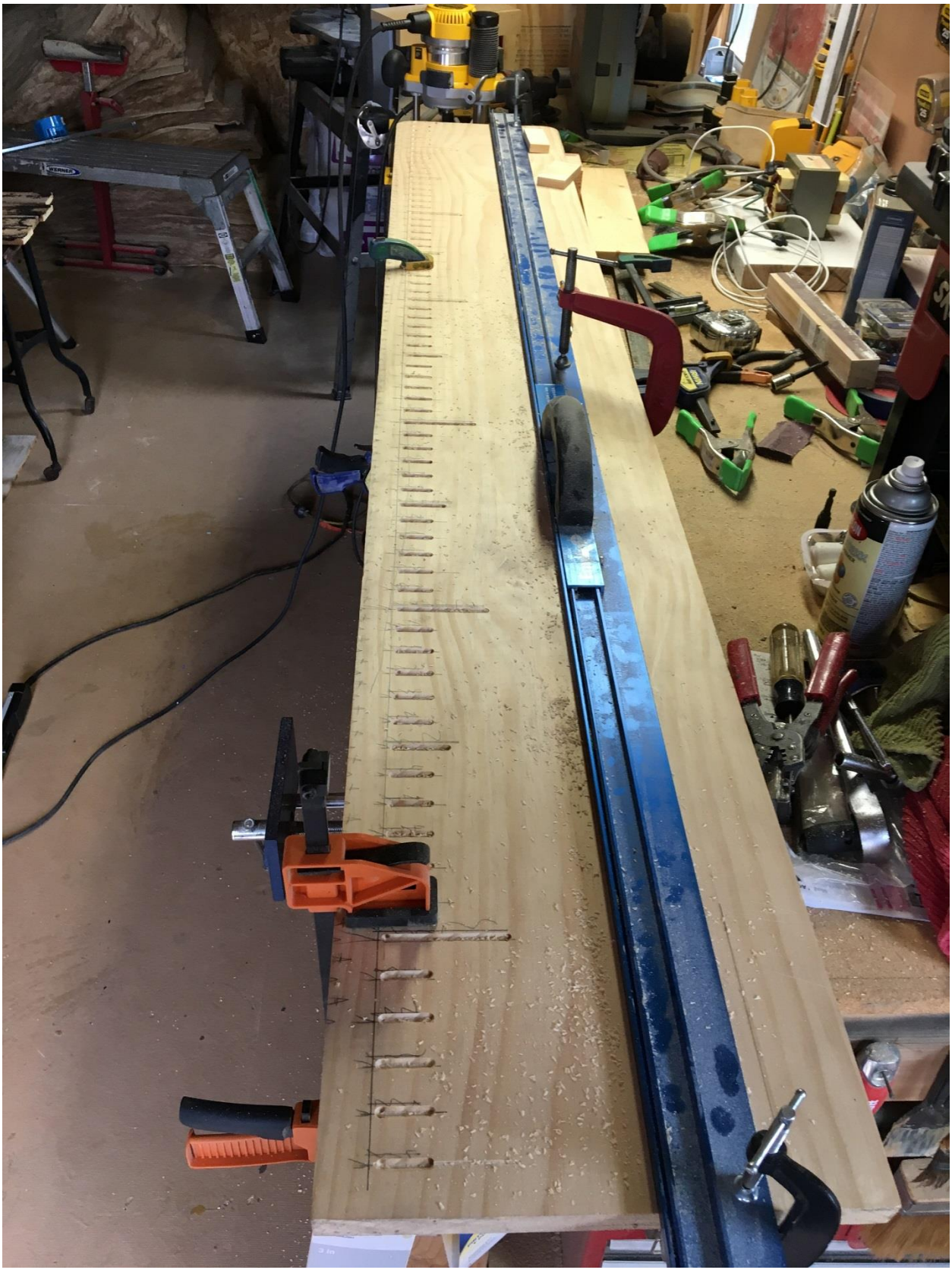
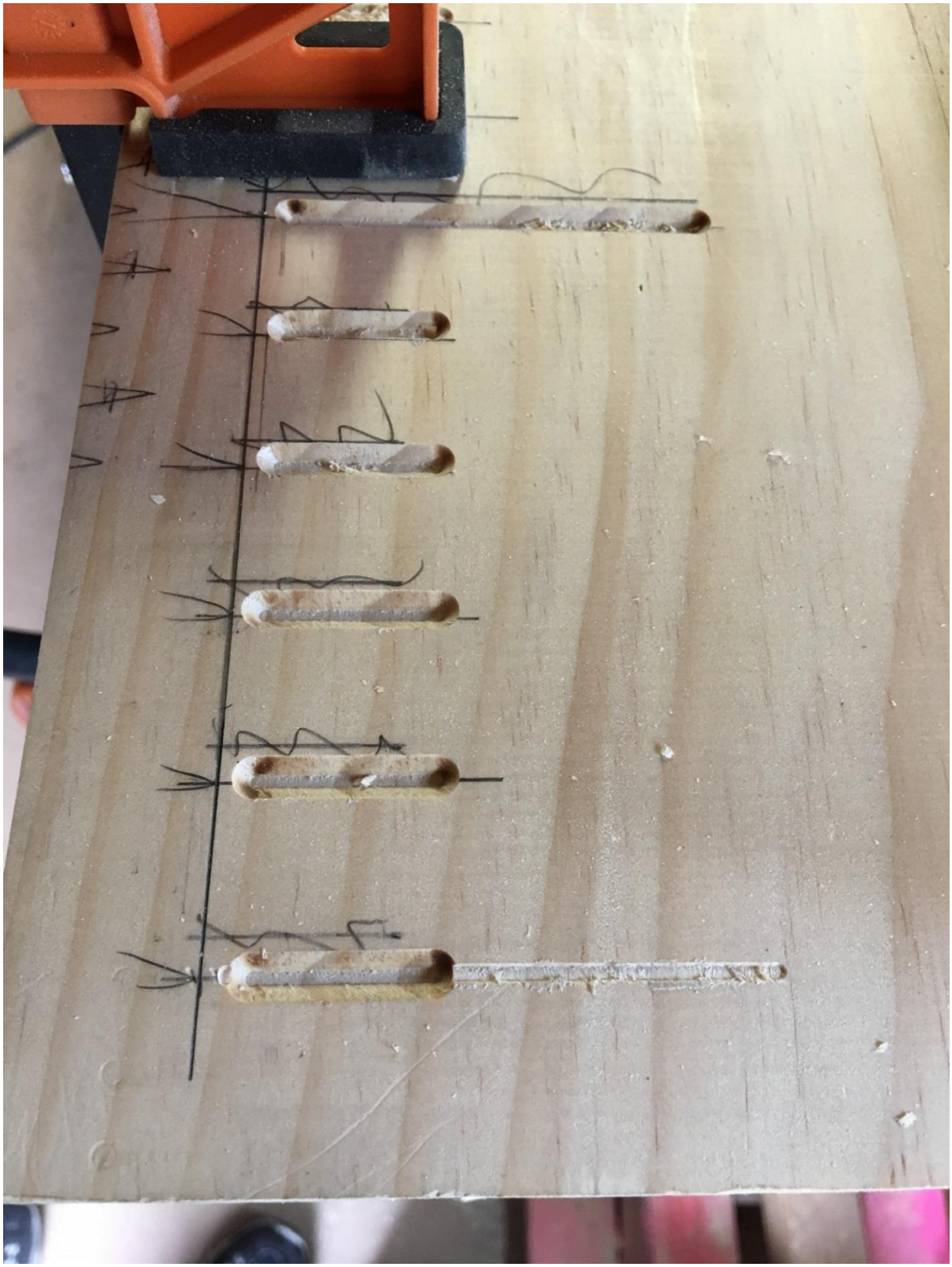
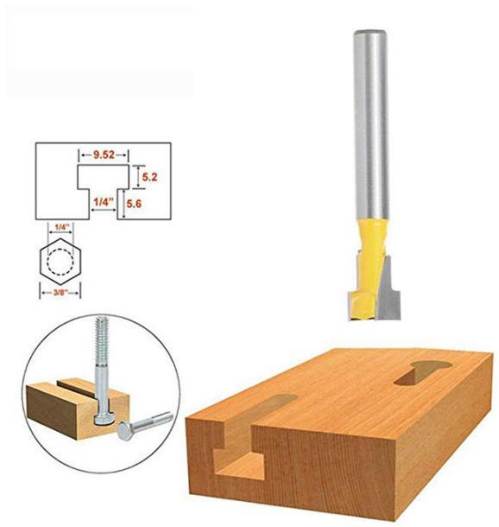




I goofed up on the very first groove, but luckily it was shallow enough to sand out smooth.

I didn’t think to get pics of the key holes that I added to the back of this, but pictured below is the type of bit that I used:



This is the finished project, as far I needed to go with it. My co-worker finished it with a light stain and added stenciled numbers to show the foot increments. Here I used the Paint app in Accessories on the PC to add numbers to the pic, so you can get an Idea of the concept.