Structure within the Atom

Atom
Size $= 10^{-10}$ m

Quark
Size $< 10^{-19}$ m

Nucleus
Size $= 10^{-14}$ m

Neutron
Size $= 10^{-15}$ m

Proton
Size $= 10^{-15}$ m

Electron
Size $< 10^{-18}$ m

If the proton and neutrons in this picture were 10 cm across, then the quarks and electrons would be less than 0.1 mm in size and the entire atom would be about 10 km across.