

Determining Your Body Mass Index (BMI)

The table below has already done the math and metric conversions to easily find your BMI

- 1) Know your height and weight. Then, find your height along the left-hand column.
- 2) Move your finger across the row of your height, until you find your approximate weight.
- 3) Follow your finger up that column to the very top row of the table, to find your BMI.
- 4) Write down your weight, BMI and weight ranges for each colored category on the form.
- 5) Compare all of the results on each colored category, to your weight and BMI, so that you can see where you are on the table, in order to find out....How Are You?

BMI	?	?	?	?	?	?	?	?	?	?	?	?	?	?
(kg/m ²)														
Find Your Height Below (inches)	How Healthy Are You?													
	Find Your Weight (lbs) Across													
58	?	?	?	?	?	?	?	?	?	?	?	?	?	?
59	?	?	?	?	?	?	?	?	?	?	?	?	?	?
60	?	?	?	?	?	?	?	?	?	?	?	?	?	?
61	?	?	?	?	?	?	?	?	?	?	?	?	?	?
62	?	?	?	?	?	?	?	?	?	?	?	?	?	?
63	?	?	?	?	?	?	?	?	?	?	?	?	?	?
64	?	?	?	?	?	?	?	?	?	?	?	?	?	?
65	?	?	?	?	?	?	?	?	?	?	?	?	?	?
66	?	?	?	?	?	?	?	?	?	?	?	?	?	?
67	?	?	?	?	?	?	?	?	?	?	?	?	?	?
68	?	?	?	?	?	?	?	?	?	?	?	?	?	?
69	?	?	?	?	?	?	?	?	?	?	?	?	?	?
70	?	?	?	?	?	?	?	?	?	?	?	?	?	?
71	?	?	?	?	?	?	?	?	?	?	?	?	?	?
72	?	?	?	?	?	?	?	?	?	?	?	?	?	?
73	?	?	?	?	?	?	?	?	?	?	?	?	?	?
74	?	?	?	?	?	?	?	?	?	?	?	?	?	?
75	?	?	?	?	?	?	?	?	?	?	?	?	?	?
76	?	?	?	?	?	?	?	?	?	?	?	?	?	?

Note: If your weight is greater than the numbers on the last column of the red category, then write down that your BMI is > 40. Don't get discouraged if your weight is not normal, but now you know how much you need to lose, so get encouraged and lose it!