**Body Mass Index Worksheet**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BMI: Body Mass Index** is a more sensitive indication of body composition than weight. BMI is more closely related to the body’s fatness than standard height/weight charts.

**Calculating BMI:**

1) Convert weight into kilograms: divide weight in pounds by 2.2 to convert to kilograms

2) **A.** Determine your meters squared: Convert height in inches into centimeters by multiplying by 2.54.

**B.** Convert centimeters to meters by dividing by 100.

**C.** Multiply the number of meters by itself to find the meters squared.

3) Divide the kilograms by meters squared to obtain your BMI.

**Example: Person of 5’8” weighing 150 lbs.**

1)150 lbs. / 2.2 kg = 68.18 kg

2) 5’8” = 68” x 2.54 cm = 172.72 cm / 100 = 1.7272 m x 1.7272 = 2.9832 meters squared

3)68.18 kg / 2.9832 = 22.85 = 22.9 BMI

\*\*If this person was a man or woman they would be within healthy standards for their BMI.

**Calculate your BMI and circle where you are on the chart:**

1) \_\_\_\_\_\_\_\_\_\_\_ lbs / 2.2 kg = \_\_\_\_\_\_\_\_\_\_\_ kg

2) \_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_ inches x 2.54 cm = \_\_\_\_\_\_\_\_ cm / 100 = \_\_\_\_\_\_\_\_ m x \_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_ meters2

3) \_\_\_\_\_\_\_\_\_\_\_ kg (from #1) / \_\_\_\_\_\_\_\_\_\_\_ meters2 (from #2) = \_\_\_\_\_\_\_\_\_\_\_ (BMI)

|  |  |
| --- | --- |
| **BMI** | **Weight Status** |
| Below 18.5 | Underweight |
| 18.5 – 24.9 | Normal |
| 25.0 – 29.9 | Overweight |
| 30.0 and Above | Obese |

***\*\*A BMI greater than 27.2 in men or 26.9 in women indicates the need for weight loss.***

**Do you agree with your BMI/weight status? Why or why not?**

**What is one factor that may cause a person’s BMI to not accurately represent their weight status?**