Body Mass Index (BMI) Worksheet

Here is how to calculate your body mass index…
1. Convert your body weight to kilograms by dividing your weight by 2.2.
2. Convert your height measurement to meters by multiplying your height in inches by 0.0254.
3. Square the height measurement.
4. BMI equals body weight in kg divided by height in meters squared.
5. Now you should have your BMI.

Here is a sample for a person who weighs 100 lbs and is 60 inches tall…
100 / 2.2 = 45.36 kg
1. 60 * 0.0254 = 1.52 m
2. 1.52m * 1.52m = 2.31 m²
3. 45.36kg / 2.31 m² = 19.6
4. BMI = 19.6

Now your try yours…
1. ______________________ / 2.2 = ____________________kg
   Your weight in pounds divided by your weight in kg
2. ______________________ x 0.0254 = ________________m
   Your height in inches multiplied by your height in meters
3. ______________m x ______________m = ______________m²
   Your height in meters multiplied by your height in meters
4. ______________kg / ______________m² = __________________
   Your weight in kg divided by your height in meters squared
   your BMI

5. Your Body Mass Index (BMI) = ______________________

Still having trouble calculating it…
The following website may help.
1. Go to www.healthatoz.com
2. Click on tools
3. click on healthy weight tools
4. click on Body Mass index and fill in the boxes

Where should I be…
According to the Cooper Institute to be considered healthy your BMI should be in the following ranges.

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>16.9 - 24</td>
</tr>
<tr>
<td>12</td>
<td>16.9 - 24.5</td>
</tr>
<tr>
<td>13</td>
<td>17.5 - 24.5</td>
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<tr>
<td>14</td>
<td>17.5 - 25</td>
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<td>15</td>
<td>17.5 - 25</td>
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