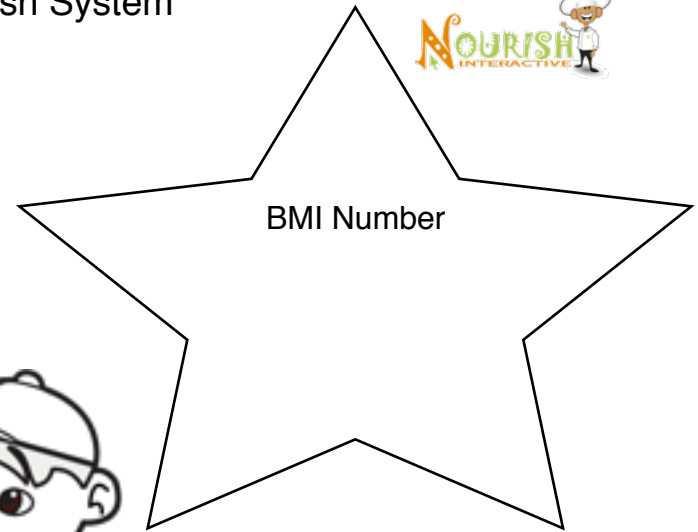


BMI Calculation Worksheet Using English System



1. Enter Weight _____ (pounds)
2. Enter Height _____ x Height _____ (inches)
= (height²) _____
3. Divide Weight by height² = _____
4. Multiply by 703 = _____



Underweight <input type="checkbox"/>	Normal Weight <input type="checkbox"/>	At risk of being overweight <input type="checkbox"/>	Overweight <input type="checkbox"/>
Your body may need more fuel. Make sure you are eating breakfast, lunch and dinner and two snacks each day. By getting more body fuel, you will feel strong and will have enough energy to do fun stuff like the monkey bars three times in a row.	Your body is getting enough fuel. Keep being active by playing sports or just riding your bike. You body does well with movement and daily exercise. Continue to eat foods from all the food groups with an emphasis on fruits and veggies. Your body will reward you by growing tall and feeling full of energy to learn new and cool things.	Your body might need more exercise. Make sure your body is having fun by being active for at least 60 minutes a day and eating plenty of fruits and vegetables. Sixty minutes is one hour and may seem like a long time but you can add up the minutes throughout the day. Your body will high five you!	Your body probably needs more exercise. Make sure your body is having fun by being active for at least 60 minutes a day. Eat lots of fruits and vegetables. High sugar foods like candy and soda taste good but can actually slow you down; enjoy them once in a while. Ask your mom to buy low fat or nonfat milk and yogurt.

Visit www.ChefSolus.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!