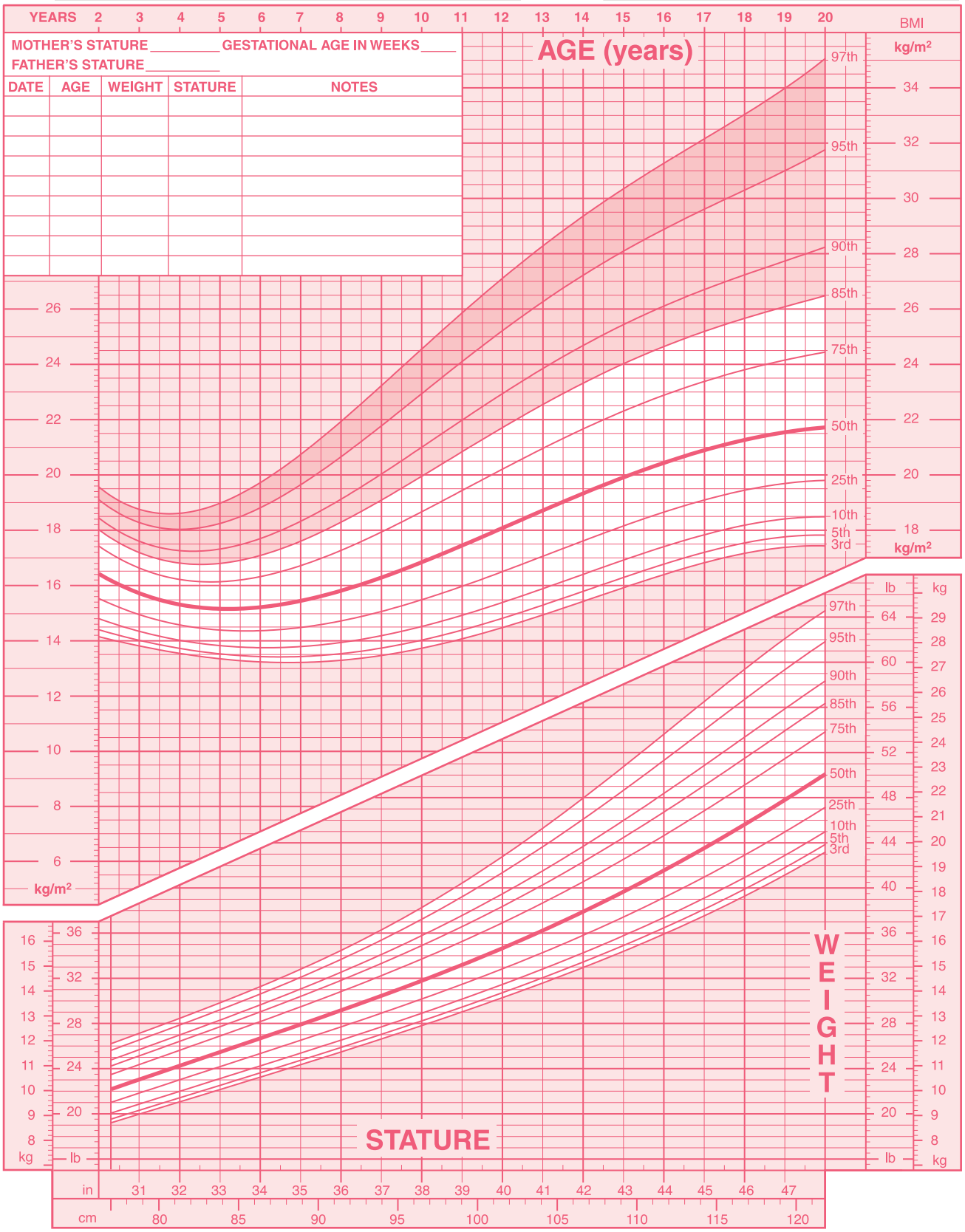
GIRLS: 2 TO 20 YEARS
Body Mass Index and Weight for Stature

NAME_____ RECORD#_____

MOTHER'S STATURE_____ GESTATIONAL AGE IN WEEKS_____
FATHER'S STATURE_____

DATE	AGE	WEIGHT	STATURE	NOTES



To Calculate BMI: Wt(lb) ÷ Ht(in) ÷ Ht(in) x 703 = BMI **OR** Wt(kg) ÷ Ht(M) ÷ Ht(M) = BMI

To Interpret BMI: ≥85% = At Risk for Becoming Overweight ≥95% = Overweight

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Adapted from charts developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).