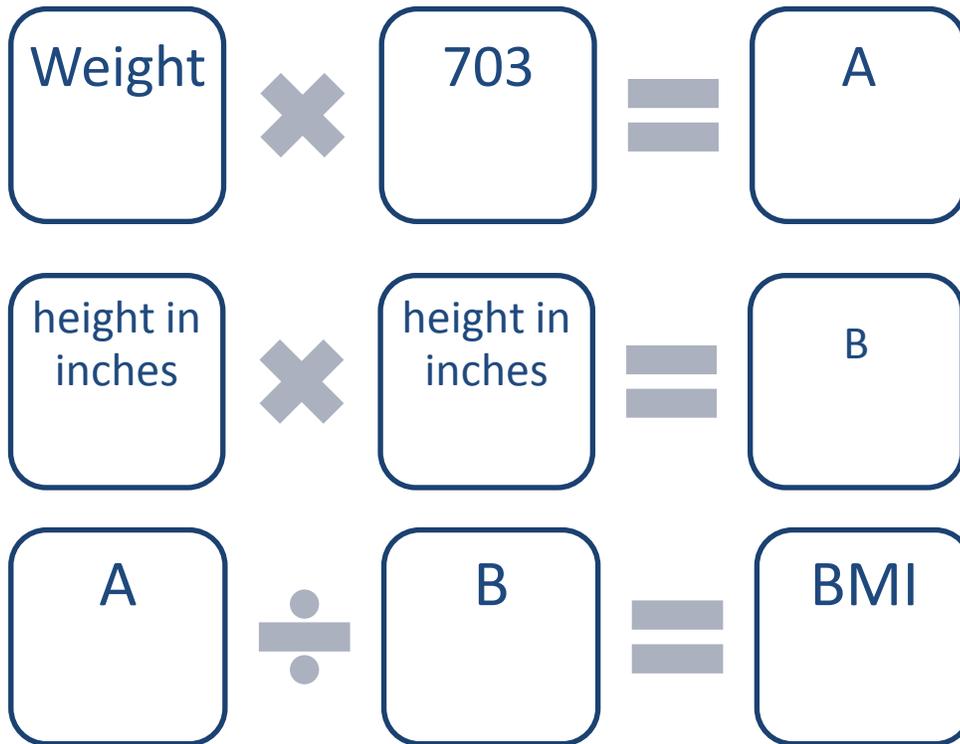


# Calculating BMI

Use the steps to calculate your BMI and assess (circle) your weight status.



BMI	Weight Status
Below 18.5	Underweight
18.5 to 24.9	Normal weight
25.0 to 29.9	Overweight
30.0 and above	Obese