

# BODY MASS INDEX (BMI)

	Healthy		Overweight			Obese		
BMI	19	24	25	29	30	35	40	45
Height Weight in Pounds								
4' 10"	91	115	119	138	143	167	191	215
4' 11"	94	119	124	143	148	173	198	222
5' 0"	97	123	128	148	153	179	204	230
5' 1"	100	127	132	153	158	185	211	238
5' 2"	104	131	136	158	164	191	218	246
5' 3"	107	135	141	163	169	198	225	254
5' 4"	110	140	145	169	174	204	232	262
5' 5"	114	144	150	174	180	210	240	270
5' 6"	118	148	155	179	186	216	247	278
5' 7"	121	153	159	185	191	223	255	287
5' 8"	125	158	164	190	197	230	262	295
5' 9"	128	162	169	196	203	236	270	304
5' 10"	132	167	174	202	209	243	278	313
5' 11"	136	172	179	208	215	250	286	322
6' 0"	140	177	184	213	221	258	294	331
6' 1"	144	182	189	219	227	265	302	340



# WEIGHT LOG

Date	Weight	BMI Target Range
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
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_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>
_____	_____	<input type="checkbox"/> Under Target Over <input type="checkbox"/>

My target weight range is between \_\_\_\_\_ lbs & \_\_\_\_\_ lbs