

Calculating Your BMI

Your Weight:

Your Height In Inches:

Your BMI:

Formula:

Step 1: Multiply your weight by **703**

Step 2: Multiply your height (inches) by your height (inches)

Step 3: Divide the answer from **step 1** by the answer from **step 2**.

Example:

Weight = 150 lbs **Height** = 66 in

Step 1: 150lbs x 703 = 105,450

Step 2: 66in x 66in = 4,356

Step 3: 105,450 ÷ 4,356 = 24.2

Reading Your BMI:

BMI	Results
Below 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 and above	Obese

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