

Body *Mass* Index

Body Mass Index (BMI) is the most popular diagnostic tool used to identify weight problems, such as being underweight, overweight or obese. It is often aligned with the other Know Your Numbers measurements, since the behaviors that impact your weight (i.e., diet and physical activity) are likely to impact other aspects of your health, like your blood pressure, glucose and cholesterol.

$$\frac{\text{your weight}}{\text{your height (inches)}^2} \times 703 = \text{your BMI}$$

See what your results mean

Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

Use this equation to calculate your BMI.

Scored 25 or higher? Calculate your goal weight to get to Normal (pick a Normal BMI between 22 and 24)

$$703 \div \frac{\text{your height (inches)}^2}{\text{key number}} = \text{key number}$$

$$\text{choose one } 23 \text{ or } 24 \div \frac{\text{key number}}{\text{your goal weight}} = \text{your goal weight}$$

My Current Weight My Current BMI

My Goal Weight My Goal BMI