

BODY MASS INDEX

- This test provides an indication of the appropriateness of weight relative to height.
- Record your height in feet and inches; record your weight in pounds. Do not round measurements; drop all fractions.
- Be sure to remove your shoes before taking both measurements.

See reverse for standards.



Body Mass Index: Standards for Healthy Fitness Zone®

Age	Boys				Girls			
	Very Lean	HFZ	NI— Some Risk	NI— High Risk	Very Lean	HFZ	NI— Some Risk	NI— High Risk
5	≤13.8	13.9-16.7	16.8	≥17.5	≤13.5	13.6-16.7	16.8	≥17.3
6	≤13.7	13.8-16.9	17.0	≥17.8	≤13.4	13.5-17.0	17.1	≥17.7
7	≤13.7	13.8-17.3	17.4	≥18.3	≤13.4	13.5-17.5	17.6	≥18.3
8	≤13.8	13.9-17.8	17.9	≥19.0	≤13.5	13.6-18.2	18.3	≥19.1
9	≤14.0	14.1-18.5	18.6	≥19.9	≤13.7	13.8-18.9	19.0	≥20.0
10	≤14.2	14.3-18.9	19.0	≥20.8	≤14.0	14.1-19.5	19.6	≥21.0
11	≤14.5	14.6-19.7	19.8	≥21.8	≤14.4	14.5-20.4	20.5	≥21.9
12	≤15.0	15.1-20.5	20.6	≥22.7	≤14.8	14.9-21.2	21.3	≥22.9
13	≤15.4	15.5-21.3	21.4	≥23.6	≤15.3	15.4-22.0	22.1	≥23.8
14	≤16.0	16.1-22.1	22.2	≥24.5	≤15.8	15.9-22.8	22.9	≥24.6
15	≤16.5	16.6-22.9	23.0	≥25.3	≤16.3	16.4-23.5	23.6	≥25.4
16	≤17.1	17.2-23.7	23.8	≥26.0	≤16.8	16.9-24.1	24.2	≥26.1
17	≤17.7	17.8-24.4	24.5	≥26.7	≤17.2	17.3-24.6	24.7	≥26.7
>17	≤18.2	18.3-25.1	25.2	≥27.5	≤17.5	17.6-25.1	25.2	≥27.2