

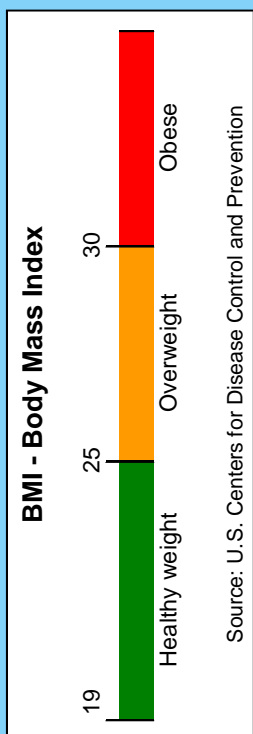
body composition worksheet

your magic numbers

Name _____

Reference Charts

Approximate Ideal Weights (lbs.)		
Height	Male	Female
4' 6"	63 - 77	63 - 77
4' 7"	68 - 84	68 - 83
4' 8"	74 - 90	72 - 88
4' 9"	79 - 97	77 - 94
4' 10"	85 - 103	81 - 99
4' 11"	90 - 110	86 - 105
5' 0"	95 - 117	90 - 110
5' 1"	101 - 123	95 - 116
5' 2"	106 - 130	99 - 121
5' 3"	112 - 136	104 - 127
5' 4"	117 - 143	108 - 132
5' 5"	122 - 150	113 - 138
5' 6"	128 - 156	117 - 143
5' 7"	133 - 163	122 - 149
5' 8"	139 - 169	126 - 154
5' 9"	144 - 176	131 - 160
5' 10"	149 - 183	135 - 165
5' 11"	155 - 189	140 - 171
6' 0"	160 - 196	144 - 176
6' 1"	166 - 202	149 - 182
6' 2"	171 - 209	153 - 187
6' 3"	176 - 216	158 - 193
6' 4"	182 - 222	162 - 198
6' 5"	187 - 229	167 - 204
6' 6"	193 - 235	171 - 209
6' 7"	198 - 242	176 - 215
6' 8"	203 - 249	180 - 220
6' 9"	209 - 255	185 - 226
6' 10"	214 - 262	189 - 231
6' 11"	220 - 268	194 - 237
7' 0"	225 - 275	198 - 242



Source: U.S. Centers for Disease Control and Prevention

For more information about BMI, see our website.

Current Profile

Height

L M H
Work Activity Level (circle)

Lean Body Weight

Date: _____

Weight

L M H
Weekly Exercise (circle)

Resting Metabolic Rate

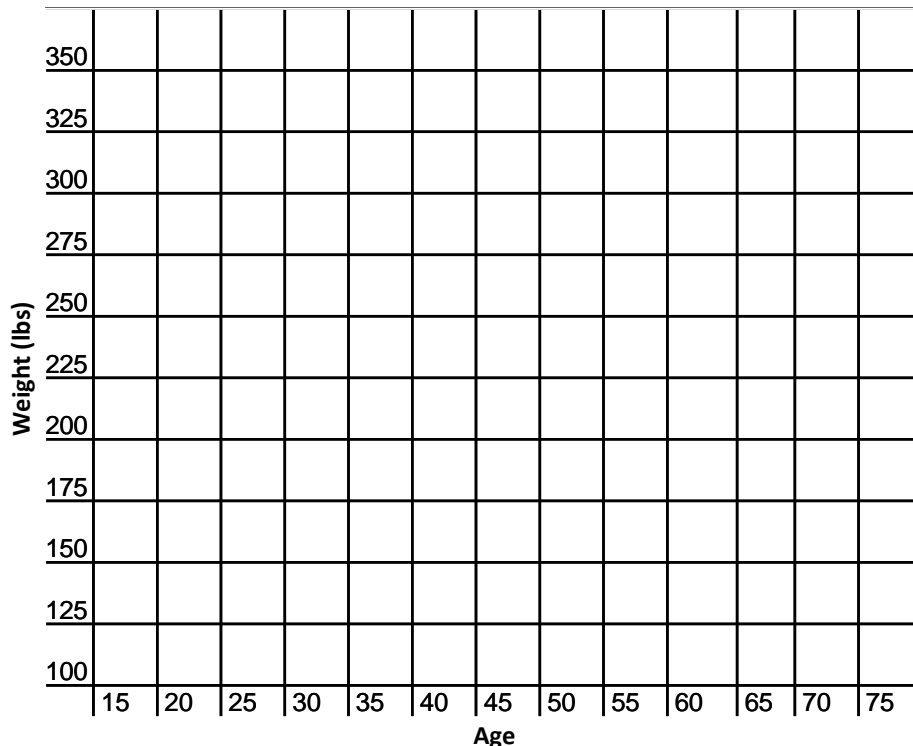
Male Female

Age

BMI

Body Fat % or Weight

Body Weight Trend



Action Numbers:

Recommended Protein

Calories to Lose Weight

Calories to Maintain Weight

Water

Hours of Weekly Activity

A B C D
Meal Plan (circle)

Target:

Goal Size

Goal Weight

Goal Date

Why I Want to Reach My Goal: