

Worksheet: B.M.I.

Answer the following questions.

1. What does B.M.I. stand for? _____

2. What two (2) measurements are needed to calculate a person's B.M.I.? _____ and _____

3. B.M.I. is used to tell how much _____ a person has on their body.

- a. Bone
- b. Muscle
- c. Fat
- d. Water

4. A healthy B.M.I is:

- a. Less than 18.5
- b. Between 18.5 and 24.9
- c. Between 25 and 29.9
- d. Greater than 30

5. A person who has a B.M.I. that is above or below the normal range is considered to be unhealthy.

- a. True
- b. False

6. Use the table below to answer the questions that follow.

- a. Who are the persons who have a normal B.M.I.?

- b. Who has a B.M.I. that says they are underweight?

- c. Who has a B.M.I. that indicates they are obese?

- d. Who has a B.M.I. that indicates they are overweight?

- e. Who has a B.M.I. that indicates they are morbidly obese?

- f. Suggest TWO things that the persons who are overweight, obese and morbidly obese can do to reduce their B.M.I.

1. _____

2. _____

Name	B.M.I.
John	40.5
Alice	22.5
Rose	17
Paul	28.3
Tevin	20.6
Marcy	32.0
Brandy	18.8