

# 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