



## Nutrition, Weight and Exercise

### Skill-Building Activity

#### Calculate Your BMI

## Student Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class Period: \_\_\_\_\_

**Directions:** To calculate your BMI, visit the Center for Disease Control and Prevention (CDC) website:

**If you are between the ages of 2 and 19 use the child and teen calculator:**

([http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/english\\_bmi\\_calculator/bmi\\_calculator.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm))

**If you are 20 and older, use the adult calculator:**

(<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>)

1. What is your BMI?
2. According to your BMI score, which of the following are you? Check one that applies.
  - ☐ Underweight
  - ☐ Healthy weight
  - ☐ At risk of overweight
  - ☐ Overweight
3. If you are at a healthy weight, what are you going to do to maintain your weight in each of the following areas?
  - ☐ Eat properly
  - ☐ Exercise regularly
4. If you are **NOT** at a healthy weight, what are you going to do to maintain your weight in each of the following areas?
  - ☐ Eat properly
  - ☐ Exercise regularly
5. Who can you ask to help keep you accountable to reach or maintain your healthy weight?