



Name \_\_\_\_\_ Date \_\_\_\_\_

5. If a person is at the 25th percentile for BMI, what percent of people have a lower percentile?
  
  
  
  
  
  
  
  
  
  
6. To determine your BMI, measure your height. Stand against a wall and look straight ahead. Have a friend lay a piece of cardboard flat on your head and parallel with the floor. Measure from the floor to the cardboard with a tape measure. What is this number?
  
  
  
  
  
  
  
  
  
  
7. To measure your weight, place a scale on the floor. The floor should not be covered with a rug or carpet. Be sure the scale is set to zero. Stand on the scale without moving. What is your weight?
  
  
  
  
  
  
  
  
  
  
8. Click on *Child and Teen BMI Calculator*. Enter your birthday, date you took your height and weight measurements, sex, height, and weight. What is your BMI? What is your percentile?

Note: BMI percentile is accurate for most children and teens. It may not be accurate for you, however. If you are concerned about your BMI, speak with your parents, teacher, or school nurse.