

How do I calculate my BMI?

- www.presidentschallenge.org
- Find the BMI Calculator for Teenagers
- “Click” **Get Motivated**
- “Click” **BMI Calculator**
- It will ask you to input the following:
 - DATE OF BIRTH
 - BOY/GIRL
 - HEIGHT
 - WEIGHT
- It will then calculate your BMI
- NOTE....As a teenager, your BMI varies with the changes in your height and weight.

THIS WILL BE DONE IN THE PRIVACY OF YOUR OWN HOME. The actual scores are for you and your parents/guardians use. The scores **DO NOT** come back to us. You just need to bring back “The Body Mass Index Worksheet” which is the Homework assignment.

Thank you,
The Seneca Physical Education Department