

Name _____

Period/Day _____ Teacher _____

DUE DATE: Feb. 13th/14, 2012

Body Mass Index Worksheet (BMI)

Now that you have calculated your BMI, please complete the following worksheet and return it signed by your parent/guardian to your physical education teacher by **Feb13/14**. BMI information is a matter between you and your parents/guardians, **however parents, if you need any assistance in developing an exercise/nutritional program, please feel free to contact us via e-mail or by phone.**

1. List 5 activities which will help you attain or maintain a healthier weight.
(example..... Taking a Brisk walk)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

2. Name three healthy eating habits you should consider.
(example.....reduce or eliminate soda from my diet)
 - 1.
 - 2.
 - 3.

3. Name two health risks which may come from poor nutrition and/or lack of exercise.
 - 1.
 - 2.
 - 3.

We have calculated my child's BMI and have discussed the results with him/her.

Parent/Guardian signature _____ Phone # _____