

Introduction to Spreadsheets

The Body Mass Index has become a standard way of talking about obesity. It allows us to have a way to measure and compare people's physical condition by weight, regardless of their height or age. The Federal Guidelines suggest people keep their BMI under 25. At 27 or more they are considered at a health risk. At 40 or more they are considered obese [which is not healthy, even for a teenager].

Below is a chart called a Spreadsheet. Your **first assignment** is to get information about 5 classmate's and enter the information into the different sections [cells] of the spreadsheet:

- I. Get the following information and enter it into the columns below:
 A] names [B] height (inches) [D] weight (in pounds)
- II. Then convert the weight in pounds (lbs) into kilos by dividing the pound weight [column B] by 2.2047 and entering the result, rounded to the hundredth place, into column C
- III. Then convert the height in inches into meters by dividing the height in inches [column D] by 39.37 and entering the result, rounded to the hundredth place, into column E
- IV. In order to get the person's BMI, take the height figure from column E and square it [multiply it times itself]. Then divide this figure into the weight number in column C. It would look like this: $W \div H^2$. Enter this new figure, rounded to the hundredth place, into column F.

Body Mass Index [BMI]

	A	B	C	D	E	F
1	Name	Weight (lbs)	Weight (kilos)	Height (inches)	Height (m)	BMI
2			$\text{weight} \div 2.2047$		$\text{height} \div 39.37$	$\text{wt} \div \text{ht}^2$
3			$B \div 2.2047$		$D \div 39.37$	$C \div E^2$
4	Barry Sovel	179	81.19	70.5	1.79	25.32
5						
6						
7						
8						
9						
10						