

Body Mass Index Calculation

Name _____ Period _____ Date _____

Height in inches = _____ Weight in pounds _____ Age _____

Weight (lb) divided by Height (in) divided by Height (in) times 703 = Body Mass index

Wt/Ht/HtX703 = Body Mass index

Wt _____ / Ht _____ / Ht _____ X 703 = _____ (BMI)

Healthy Body Mass Index Range

Age	Boys	Girls
12	14.9-21	14.8-21.6
13	15.4-21.8	15.3-22.5
14	15.9-22.6	15.8-23.3
15	16.5-23.4	16.2-24
16	17.1-24.2	16.7-24.6
17	17.6-25	17.3-25.2
18	17.8-25.6	17.5-25.7

Heart Rate Worksheet

1. **(.7 X Your Age) = _____**

2. **208 - (.7 X Your Age) = _____ (MHR or Maximum Heart Rate)**

3. **(MHR) X .65 = _____ (65% of Maximum Heart Rate)**

4. **(MHR) X .75 = _____ (75% of Maximum Heart Rate)**

5. **(MHR) X .85 = _____ (85% of Maximum Heart Rate)**

(65%-85% of Maximum Heart Rate) = (Training Heart Rate Zone)