

Calculate Your Goal Weight Range

Enter your personal data and the reference points from the Body Mass Index Chart to calculate your Goal Weight Range:

Step One: Find your Goal Weight Range

Weight on Day of Surgery x .10 = 10% of body weight

(_____) x (.10) = _____

The result is the number of pounds in your weight range.

(Example: $235 \times .10 = 23.5$ - round up to 24 pounds)

My Goal Weight Range is _____ pounds. **(A)**

Step Two: Find the high unit of weight for your Goal Weight Range

Using the Body Mass Index table on page two locate the BMI unit from the date of surgery.

BMI on date of Surgery: _____

(Example: At 5' 5" and 235 pounds Sharon had a BMI of 39 on surgery day)

Subtract ten from the surgery day BMI: (Example: $39 - 10 = 29$)

My Surgery BMI _____ - 10 = _____ for a target high-end BMI **(B)**

Step Three: Find the high and low units of your Goal Weight Range

Locate your height in the left column of the BMI chart and match it to your goal high-end BMI **(B)** to find the body weight associated with that BMI. (Example: Sharon's target High End BMI calculated in step two **(B)** indicates the top unit in her GWR will be 174.

My height is: ___ feet and ___ inches. For that height with a BMI of _____ **(B)** I will have a top body weight unit of _____ **(C)** pounds. From my top body weight unit of _____ **(C)** pounds I subtract my Goal Weight Range _____ **(A)** pounds. This number is the low unit of my Goal Weight Range **(D)**.

(Example: Sharon takes 174 and subtracts 24 to equal 150)

Sharon's Goal Weight Range is 150 to 174 pounds: $174 \text{ (C)} - 24 \text{ (A)} = 150 \text{ (D)}$

_____ **(C)** - _____ **(A)** = _____ **(D)**

My Goal Weight Range is _____ **(D)** to _____ **(C)** pounds.

	NORMAL						OVERWEIGHT					OBESE									EXTREME OBESITY			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Height (Feet-Inches)	Weight (Pounds)																							
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208
5' 00"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215
5' 01"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222
5' 02"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229
5' 03"	107	112	118	124	130	135	141	146	152	158	163	169	174	180	186	191	197	203	208	214	220	225	231	237
5' 04"	110	116	122	128	134	140	145	151	157	163	169	175	180	186	191	197	204	209	215	221	227	232	238	244
5' 05"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252
5' 06"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260
5' 07"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268
5' 08"	125	131	138	144	151	158	164	171	177	184	190	197	204	210	216	223	230	236	243	249	256	262	269	276
5' 09"	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	277	284
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301
6' 00"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309
6' 01"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	275	280	288	295	302	310	318
6' 02"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326
6' 03"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335
6' 04"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344

Adapted from: George Bray, Pennington Biomedical Research Center; *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*, National Institutes of Health, National Heart, Lung, and Blood Institute, September 1998.