



Healthy Living Every Day

Body Composition Tracking Form

Name: _____ School: _____

*Please fill out this form each time you check your body composition (every 3 months.)
 Every time you check your BMI, you will earn 25 points (up to 4 times per year.)
 If you reduce your BMI by one point or more, you will earn 25 bonus points at
 each 3 month interval!*

Don't know how to calculate your BMI? Visit www.bmi-calculator.net and enter the appropriate information. Body fat measurements can be done at your local gym or doctor's office.

Send forms to Rebecca McGonigle:

Email: rmcgonigle@vsit.org

Please include all information

<p>Test #1</p> <p>Date: _____</p> <p>Time: _____</p> <p>Weight: _____</p> <p>BMI: _____</p> <p>Body Fat %: _____</p>	<p>Test #2</p> <p>Date: _____</p> <p>Time: _____</p> <p>Weight: _____</p> <p>BMI: _____</p> <p>Body Fat %: _____</p>	<p>Test #3</p> <p>Date: _____</p> <p>Time: _____</p> <p>Weight: _____</p> <p>BMI: _____</p> <p>Body Fat %: _____</p>	<p>Test #4</p> <p>Date: _____</p> <p>Time: _____</p> <p>Weight: _____</p> <p>BMI: _____</p> <p>Body Fat %: _____</p>
---	---	---	---

BMI

Body Fat*

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39			
5'3" - 160.0	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38			
5'4" - 162.5	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37		
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	
6'4" - 193.0	12	12	13	14	14	15	16	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

*American Council on Exercise