

**TO ESTIMATE CALORIE LEVEL FOR WEIGHT LOSS**  
**(TO LOSE APPROXIMATELY TO 1 POUND PER WEEK)**

Record points to the right & add up total:

<b>Sex:</b> Female = 1    Male = 3	_____
<b>Age:</b> 18-29 = 4    30-49 = 3    50-65 = 2    66-75 = 1    76+ = 0	_____
<b>Height:</b>	
Women:	
under 60" = 0    60-62" = 1    63-67" = 2    68-71" = 3    72+" = 4	
Men:	
under 63" = 1    63-67" = 2    68-71" = 3    72-75" = 4    76+" = 5	_____
<b>Body Mass Index (see page 2):</b>	
Under 25 = 0    25-29 = 1    30+ = 2	_____
<b>Planned Exercise Level:</b>	
0 - 2¼ hr./wk. = 0    2 ½ - 4 hr./wk. = 1    4+ hr./wk. = 2	
(Subtract 1 point if exercise is low intensity; add 1 point if it is high intensity.)	_____
<b>TOTAL =</b>	_____

**Converting Points to Approximate  
Calorie Level for Weight Loss\***

If Your Total Is:	Calorie Level
3	1100
4	1200
5	1300
6	1350
7	1400
8	1450
9	1500
10	1600
11	1650
12	1700
13	1800
14	1850
15	1900
16	2000
17	2100

\* If not trying to lose weight, add 250-500 calories per day to the calorie level obtained above.



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## BODY MASS INDEX (BMI)

Body Mass Index (BMI) does not consider gender. The following chart is for both adult men and women. To use the chart, find your height at the left and move right to find your weight. The number at the top of the column is your BMI. A BMI of 19-24 is normal weight; 25 to 29 is overweight; 30 and above is the obese range.

BMI ▶	NORMAL WEIGHT						OVERWEIGHT					OBES E										
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
HEIGHT	WEIGHT (LBS.)																					
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	235	243	250	257	264	271	278
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	275	287	295	304	312	320	328

*Adapted from National Heart, Lung, and Blood Institute Body Mass Index Charts.*