

My Personal Profile

Name: _____

Today's date: _____

Age: _____

Height (in.): _____

Weight (lb.): _____ Waist size (in.): _____

BMI: Use the BMI chart on page 12 or use this equation:

$$\frac{\text{wt (lb.)}}{\text{Height (in.)} \times \text{height (in.)}} \times 703 = \underline{\hspace{2cm}}$$

BMI ranges:

- < 18.5 = underweight
- 18.5–24.9 = normal weight
- 25–29.9 = overweight
- > 30 = obese

My BMI indicates that I am: (Please circle)

underweight normal weight overweight obese

My risk factors are: (Please circle)

- | | |
|---|--|
| • high blood pressure (hypertension) | • high blood glucose (sugar) |
| • high LDL cholesterol
("bad" cholesterol) | • family history of premature
heart disease |
| • low HDL cholesterol
("good" cholesterol) | • physical inactivity |
| • high triglycerides | • cigarette smoking |

My physical activity level is: (Please circle)

sedentary moderately active active

- *Sedentary* means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
- *Moderately active* means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
- *Active* means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

A healthy weight range for my height is: (Based on the BMI chart) _____

Estimated daily calorie needs, my goal: _____