

Teen BMI Worksheet

Body Mass Index (BMI) is a number that describes your weight at your particular height. Body Mass Index percentile (BMI%) also considers your age and your gender (sex).

Your BMI% is _____
and is: high (85-94%) very high (95-98%) extremely high (99%)

When your weight (BMI%) is high, you are more likely to have health problems, such as:

- Diabetes
- High cholesterol
- High blood pressure
- For females: Irregular or trouble with periods
- Breathing (asthma) and sleeping (heavy snoring)

Losing weight decreases your risk of these health problems.

To get to a healthier weight, you will need to make some changes in your lifestyle.

Examples of changes:

- Drink mostly water and beverages without added sugar.
- Watch less TV and play less computer games (less than 2 hours a day).
- Eat more fruits and vegetables, especially green vegetables.
- Eat less “junk food” (chips, cookies, pastries, cakes, fried foods, candy).
- Move your body: play, walk, dance.

How do you feel about your weight?

Have you ever tried to change your weight? How?

On a scale of 1-10:

How ready are you to make some changes in your life? 0 1 2 3 4 5 6 7 8 9 10

How ready are you to stop drinking regular soda and juice? 0 1 2 3 4 5 6 7 8 9 10

How ready are you to cut back on TV, computer and video? 0 1 2 3 4 5 6 7 8 9 10

How ready are you to eat more vegetables and fruits? 0 1 2 3 4 5 6 7 8 9 10

How ready are you to commit to more movement (exercise)? 0 1 2 3 4 5 6 7 8 9 10

How ready are you to eat less “junk food?” 0 1 2 3 4 5 6 7 8 9 10

Have you made changes recently? What kind?

If YOU want to lose weight:

Besides your health, what are the two biggest reasons you would like to lose weight?

What will be the greatest challenge for you?

Who can help support you in your goal? How?

What emotions do you feel when you think about trying to lose weight?

Exactly, what changes do you want to make?

Is there any way that I can help you?