Name _____ Section _____ Date _____

Part I. Calculate and Rate Your Current Body Mass Index and Waist Circumference

1. **BMI:** Determine your BMI by referring to Figure 14.3 (Figure 11.3 in the brief version), or calculate it more precisely by dividing your body weight (in kilograms) by the square of your height (in meters). To convert, divide your weight in pounds by 2.2 to get kilograms, and multiply your height in inches by 0.0254 to get meters. For example, if you are 5 feet, 3 inches tall (63 inches) and weigh 130 pounds, you would calculate BMI as follows.

EXAMPLE:

$$\text{BMI} = \frac{(130 \div 2.2)}{(63 \times 0.0254)^2} = \frac{59.1}{(1.6)^2} = 23.0$$

YOUR BMI:

$$\text{BMI} = \frac{(\underline{\quad}\ \text{lb} \div 2.2)}{(\underline{\quad}\ \text{in} \times 0.0254)^2} = \frac{\underline{\quad}}{(\underline{\quad})^2} = \underline{\quad\quad}$$

Then, refer to Figure 14.3 in your text (Figure 11.3 in the brief version) for the appropriate rating of your BMI.

BMI: _____   Rating: _____

2. **Waist circumference:** To determine your waist circumference, measure your waist at its smallest point; if you don't have a natural waist, measure at the level of your navel. The cutoff points for increased risk of health problems are waist measurements of more than 40 inches for men and 35 inches for women; if your waist measurement exceeds the cutoff, put a check on the line below.

Waist circumference: _____   High risk? (✓) _____

Part II. Calculate a Target Body Weight

If the results of Part I indicate that a change in your BMI might be appropriate, you can calculate a target body weight based on a target BMI. Choose a target BMI; be sure that your choice is both healthy and realistic for you. Then complete the following calculations to determine your target body weight (in pounds).

Target BMI: _____

1. Convert your height measurement to meters by multiplying your height in inches by 0.0254.
   Height _____ in. × 0.0254 m/in. = height _____ m

2. Square your height measurement from step 1.
   Result from step 1 _____ m × result from step 1 _____ m = height _____ m²

3. Multiply your target BMI by your height in meters, squared (the result from step 2) to get your target weight in kilograms.
   Target BMI _____ × result from step 2 _____ = target weight _____ kg

4. Multiply your target weight in kilograms by 2.2 to get your target weight in pounds.
   Target weight _____ kg × 2.2 lb/kg = target body weight _____ lb

For example, if you are 66 inches tall with a target BMI of 24.5, you would calculate target weight as follows:

66 in. × 0.0254 m/in. = 1.676 m

1.676 m × 1.676 m = 2.81 m²

24.5 kg/m² × 2.81 m² = 68.8 kg

68.8 kg × 2.2 lb/kg = 151 lb

(over)

Part III. Identify Negative Calorie Balance Goals

Be realistic in your assessment of the number of pounds you can lose each week; a 1/2–2 pound loss per week is the most successful level for long-term weight loss.

1. _____   –   _____   =   _____
        Current weight   Target weight   Pounds to lose

2. _____   ÷   _____   =   _____
    Total pounds to lose   Pounds to lose each week   Number of weeks to
                                                    achieve target weight

3. _____   ×   3500 calories/pound   =   _____
  Pounds to lose each week   Negative calorie balance
                                                  to achieve each week

4. _____   ÷   7 days/week   =   _____
  Negative calorie balance   Negative calorie balance
    to achieve each week   to achieve each day

Part IV. Achieve Negative Calorie Balance Goals

To keep your weight-loss program schedule, you must achieve the daily negative calorie balance either by increasing your calorie expenditure (being more active) or by decreasing your calorie consumption (eating less). You may find that some combination of the two strategies will be the most successful.

> **Daily negative calorie balance** (from Part III):_____

Changes in Activity Level

Adding a few minutes of exercise every day can be a fun and interesting way of expending calories. Use the calorie values for different activities listed in Table 13.3 in your text (main text only) to plan ways to raise your calorie expenditure level.

Activity	Duration	Calories used
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	**Total calories used**	_____

Changes in Diet

Look closely at your daily food record (Wellness Worksheet 60). Identify ways to cut calorie consumption by eliminating certain items or substituting lower-calorie choices. Be realistic in your cuts and substitutions; you need to develop a plan you can stick with.

Food item	Substitute food item	Calorie savings
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	**Total calories saved**	_____

> Total calories used _____ + Total calories saved _____ = _____

Have you met your required negative energy balance? If not, revise your dietary and activity changes to meet your goal.