

LAB 6.1 • HOW TO CALCULATE YOUR BMI

Instructor: _____ Section: _____

Materials: Weight scale, measuring tape, calculator

- 1.** Record your weight and height below:

- 2.** Convert your weight and height to metric units:

- ### 3. Calculate your BMI:

Note: Square the height (multiply by itself) before dividing into weight.

- 4.** Indicate your BMI rating in the table below:

- 1.** Is your BMI category what you thought it would be?

- 2.** Remember that BMI categories can be misleading for individuals with above-average muscle mass. Do you fall into this category? _____

- 3.** Monitoring changes to your BMI over time is one way to assess your progress with a fitness program. Two months after you begin a new exercise program, recalculate your BMI. Has it changed?

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.