



My BMI Self-Management Tool – Adults

Patient Name _____ Patient ID _____

Date _____ Next Visit _____

Use the chart below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process and takes time. Don't get discouraged if you don't see immediate progress. Keep trying and don't give up!

MEASUREMENTS	FIRST DAY	1 WEEK	2 WEEKS	4 WEEKS	6 WEEKS	8 WEEKS	10 WEEKS	12 WEEKS	14 WEEKS
Date of Measurement									
My Height (inches)									
My Weight (pounds)									
My BMI									

BMI calculation for people over age 20¹:

Formula:

$$\text{BMI} = (\text{weight (pounds)} \times 703) \div \text{height (inches)} \div \text{height (inches)}$$

My BMI: _____

Example BMI:

Jill is 5 feet 7 inches (67 inches) and weight is 155 pounds.

$$(155 \times 703) \div 67 \div 67 = 24.3$$

Jill's BMI is **24.3**. Therefore, according to the chart, her weight range is normal (healthy weight).

BMI RANGE	WEIGHT STATUS
Below 18.5	Underweight
18.5-24.9	Normal (healthy weight)
25.0-29.9	Overweight
30.0 and above	Obese

Your BMI can also be calculated online using the following BMI calculator:

[cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

My BMI Weight Goal is: _____.

I will try to meet my weight goal by doing the following: _____

BMI can be used as a screening tool but is not diagnostic. Follow the recommendations of your doctor.

For information on healthy eating and physical activity, visit: choosemyplate.gov

Questions? 24/7 Texas Children's Health Plan Nurse Helpline: **1-800-686-3831**

Questions? 24/7 Texas Children's Health Plan Behavioral Health Helpline:

Medicaid/STAR 1-800-731-8529; CHIP 1-800-731-8528; STAR KIDS 1-844-818-0125

For Member Services: **Medicaid/STAR 1-866-959-2555; CHIP 1-866-959-6555; STAR KIDS 1-800-659-5764**

¹ Centers for Disease Control and Prevention. (2015). Assessing Your Weight. Retrieved from <https://www.cdc.gov/healthyweight/assessing/index.html>

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