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!

<table>
<thead>
<tr>
<th>MEASUREMENTS</th>
<th>FIRST DAY</th>
<th>1 WEEK</th>
<th>2 WEEKS</th>
<th>4 WEEKS</th>
<th>6 WEEKS</th>
<th>8 WEEKS</th>
<th>10 WEEKS</th>
<th>12 WEEKS</th>
<th>14 WEEKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Measurement</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Height (inches)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Weight (pounds)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My BMI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BMI calculation for people over age 20**: 

Formula: 

\[\text{BMI} = \frac{(\text{weight (pounds)} \times 703)}{\text{height (inches) \times height (inches)}}\]

My BMI: ________

Example BMI:

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

\[(155 \times 703) ÷ 67 ÷ 67 = 24.3\]

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

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

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

---


Texas Children’s Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Texas Children’s Health Plan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-959-2555 (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-959-2555 (TTY: 711).

© 2019 Texas Children’s Health Plan. All rights reserved. CM-1903-310 6/19