



My BMI Self-Management Tool – Children and Teens

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 under age 20¹:

For children and young adults under age 20, BMI can be calculated by entering the age or date of birth, date of measurement, sex, height, and weight using the following online BMI-Percentile Calculator:

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

BMI PERCENTILE	WEIGHT STATUS
Less than 5 th	Underweight
5 th to 85 th	Healthy Weight
85 th to 95 th	Overweight
Equal or greater than 95 th	Obese

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. (2019). BMI Percentile Calculator for Child and Teen. Retrieved from <https://www.cdc.gov/healthyweight/bmi/calculator.html>
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