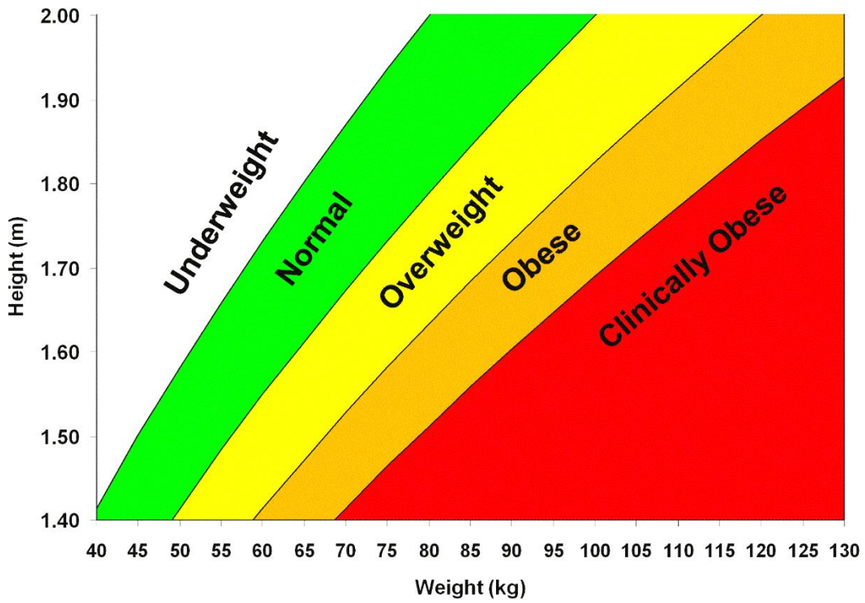
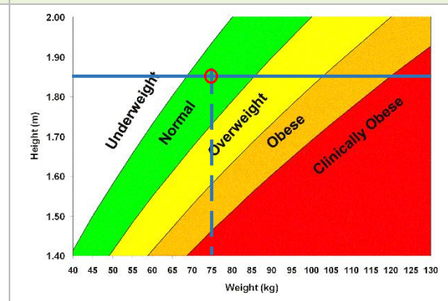
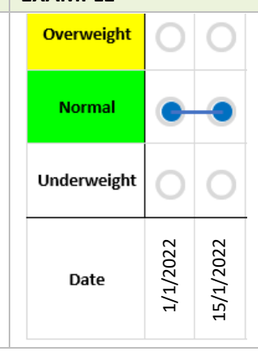
My Body Mass Index (BMI) Report Card

PART A



HOW TO MEASURE (PART A)	EXAMPLE
1) Use a ruler to draw a horizontal line along your height (m). 2) Measure your weight (kg) every 2 weeks or every month. 3) Use a ruler to guide along the horizontal axis, notice where your weight intersects with height. 4) Your BMI falls on the area where the lines intersect.	 Height: 1.85m Weight: 75kg BMI: Green zone

HOW TO RECORD (PART B)	EXAMPLE
1) Record the date where measurement is taken. 2) Fill or cross the grey circle where your BMI falls on. 3) Connect the circle to the left with a line on second recording onwards. 4) If the chart is shared by two person or more, use different colours of line to differentiate.	 1 Jan 2022: Green zone 15 Jan 2022: Green zone

PART B

Clinically Obese																															
Obese																															
Overweight																															
Normal																															
Underweight																															
Date																															

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