

BMI (Body Mass Index) Practice

BMI FORMULA - $\frac{\text{Weight (lbs.)} \times 703}{\text{Height (in.)}^2} = \frac{\text{XXXXXX}}{\text{XXXXX}}$ (Divide the 2 products) = _____ (BMI)

EXAMPLE: Weight = 146 lbs. ; Height = 64"

1. Multiply weight by 703 $\frac{146 \times 703}{64 \times 64} = \frac{102638}{4096}$ (DIVIDE PRODUCTS) = 25.06
Square height in inches 64 X 64 4096

BMI = 25.06

TRY THESE EXAMPLES ON YOUR OWN – USE FORMULA ABOVE:

A. Weight = 173 lbs.
Height = 70"

B. Weight = 152 lbs.
Height = 66"

C. Weight = 196 lbs.
Height = 72"

D. Weight = 138 lbs.
Height = 5' 4" (CONVERT*)