



Set a reasonable weight loss goal!

Start by learning your BMI. BMI is calculated using height and weight. Calculate your BMI by using Table 1 below or go to <https://www.cdc.gov/healthyweight/assessing/bmi/>

Date: _____ Height: _____ Today's Weight _____ Waist: _____

Your current BMI: _____

Does your BMI put you at higher health risk? (go to the table 2 below)
 If you need to lose weight, we suggest five percent of your current body weight for an initial goal.

Consider 5% weight loss for 10 week goal: _____

What is your long term weight goal: _____

Table 1 Find your BMI														
BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Table 2	
Healthy Low Risk Weight	BMI 18.5 to 25 is the range for healthy weight. (under 18 may increase health risk)
Moderate Risk Weight	BMI 25 to 30 refers to overweight.
High Risk Weight	BMI 30 or higher refers to obesity when weight increases health risk.

Table 3		
Pounds to lose to Achieve 5% or 10% weight loss		
Current Weight	5%	10%
150	7.5	15
200	10	20
250	12.5	25
300	15	30
350	17.5	35
400	20	40