
Body Mass Index (BMI) Procedure

REQUIRED EQUIPMENT: Tape measure, scales, pen, clipboard, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
 - I am going to calculate your BMI by weighing you and measuring your height
2. Measure the client's height
 - Ensure the client removes their shoes
 - Ensure they stand up straight with their heels against the wall.
 - Record their height in metres
3. Measure the client's weight:
 - Ensure they remove their shoes and wear minimal clothing.
 - Record their weight in kilograms
4. Use the formula below to calculate the client's BMI

FORMULAS AND CALCULATIONS:

$BMI = \text{weight (kg)} / \text{height (m)}^2$

BMI = _____ (kg) / [_____ (m) x _____ (m)]

BMI = _____ kg / _____ m

BMI = _____

NORMATIVE / COMPARATIVE DATA:

Range	Description
< 18	You are very underweight and possibly malnourished
18.1 - 20	You are underweight and could afford to gain a little weight
20.1 - 26	You are a healthy weight range for young and middle - aged adults
26.1 - 30	You are overweight
< 30	You are obese

Source: Marchese, R. and Hill, A. (2005). The Essential Guide to Fitness: for the fitness instructor. Pearson: New South Wales