Activity 2.2: Recommended Body Weight, Body Mass Index (BMI), Waist Circumference (WC), and Waist-to-Height Ratio (WHtR)

Name _____ **Date** _____

Course _____ **Section** _____

Recommended Body Weight According to Percent Body Fat

A. Current Body Weight (BW): _____ lbs.

B. Current Percent Fat (%F): _____ %

C. Fat Weight (FW) = BW × %F* = _____ × _____ = _____ lbs.

D. Lean Body Mass (LBM) = BW − FW = _____ × _____ = _____ lbs.

E. Age: _____

F. Recommended Fat Percent (RFP) Range (see Table 2.11, page 49):

Low End of Recommended Fat Percent Range (LRFP): _____ % (Physical Fitness Standard)

High End of Recommended Fat Percent Range (HRFP): _____ % (Health Fitness Standard)

G. Recommended Body Weight Range:

Low End of Recommended Body Weight Range (LRBW) = LBM ÷ (1.0 − LRFP*)

LRBW = _____ ÷ (1.0 − _____) = _____ lbs.

High End of Recommended Body Weight Range (HRBW) = LBM ÷ (1.0 − HRFP*)

HRBW = _____ ÷ (1.0 − _____) = _____ lbs.

Recommended Body Weight Range: _____ to _____ lbs.

*Express percentages in decimal form (e.g., 25% = .25)

Body Mass Index (BMI)*

	Pre-test	Post-test
Date:	_____	_____
Weight (lbs.):	_____	_____
Height (inches):	_____	_____
BMI:*	_____	_____
Disease risk: (Table 2.13)	_____	_____

*BMI = [Weight in lbs. × 705 ÷ (Height in inches)^2] or [Weight in kgs ÷ (Height in meters)^2]

Waist Circumference (WC) and Waist-to-Height Ratio (WHtR)

	Pre-test	Post-test
Date:	_____	_____
Waist (inches):	_____	_____
Disease risk: (Table 2.14)	_____	_____
WHtR Disease risk: (Table 2.15)	_____	_____

Recommended Body Weight According to BMI

RBW based on BMI = Desired BMI × height (in.) × height (in.) ÷ 705

RBW at BMI of 25 = 25 × _____ × _____ ÷ 705 = ☐

RBW at BMI of 22 = 22 × _____ × _____ ÷ 705 = ☐

Body Composition Conclusions and Goals

Briefly state your feelings about your body composition results and your recommended body weight. Do you plan to reduce your percent body fat and increase your lean body mass? If so, indicate how you plan to achieve these goals.