Weight Height Chart for Women

WEIGHT HEIGHT CHART FOR WOMEN

Name: _____ **Age:** _____

Date: _____ dd / mm / yyyy

Harvard Health. (2021, February 15). BMI calculatorwww.health.harvard.eduhttps://www.health.harvard.edu/diet-and-weight-loss/bmi-calculator

BMI Classification Table: Under 18.5 - Underweight, 18.5 - 24.9 - Normal, 25 - 29.9 - Overweight, 30 and over - Obese

Height: _____ **Weight:** _____

BMI: _____

Additional notes: