

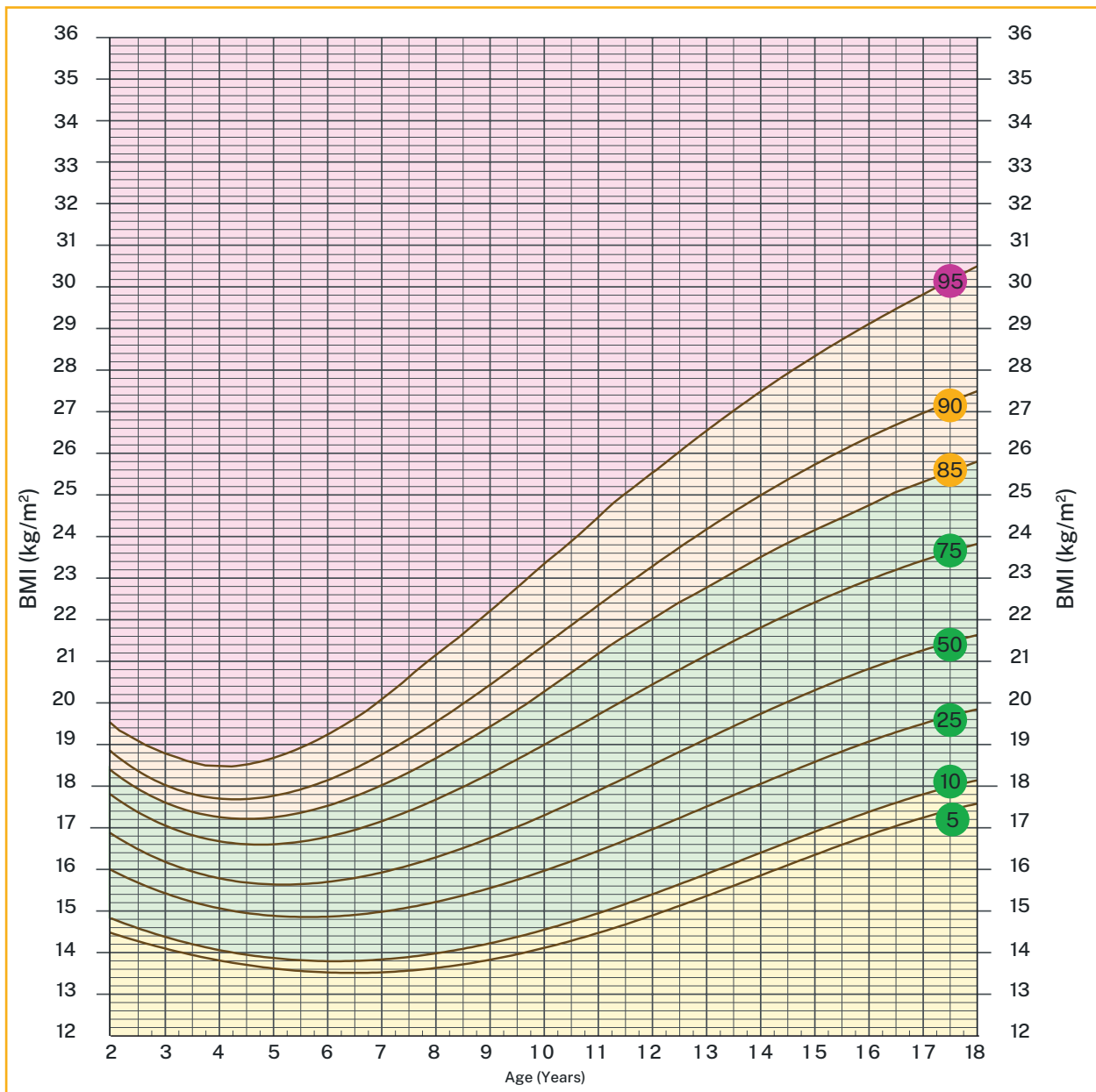


Name: _____
 DOB: _____ Record number: _____

Healthy Eating Active Living

Body mass index (BMI)-for-age percentile chart

Girls: 2 to 18 years



- Below a healthy weight < 5th percentile
- Healthy weight 5th percentile to < 85th percentile
- Above a healthy weight 85th percentile to < 95th percentile
- Well above a healthy weight 95th percentile and above



For more healthy habit tips scan the QR code or visit healthyliving.nsw.gov.au



Source: Centers for Disease Control and Prevention (CDC) (2000). The BMI for age chart takes the age, height, weight and sex of the child into consideration. The CDC charts are appropriate for children aged 2 to 18 years old.

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