



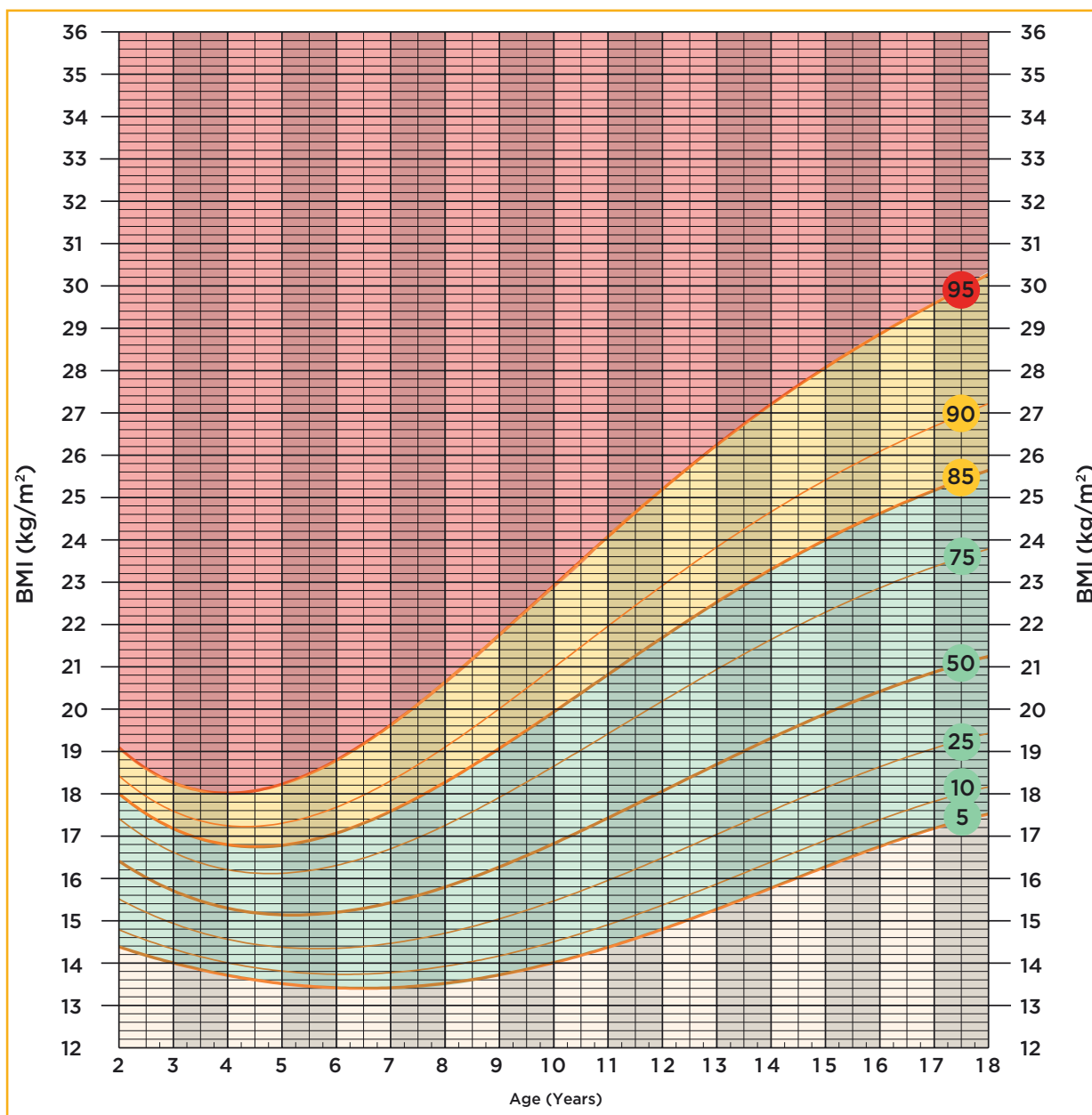
Name: _____

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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