

# MY DAUGHTER'S BMI

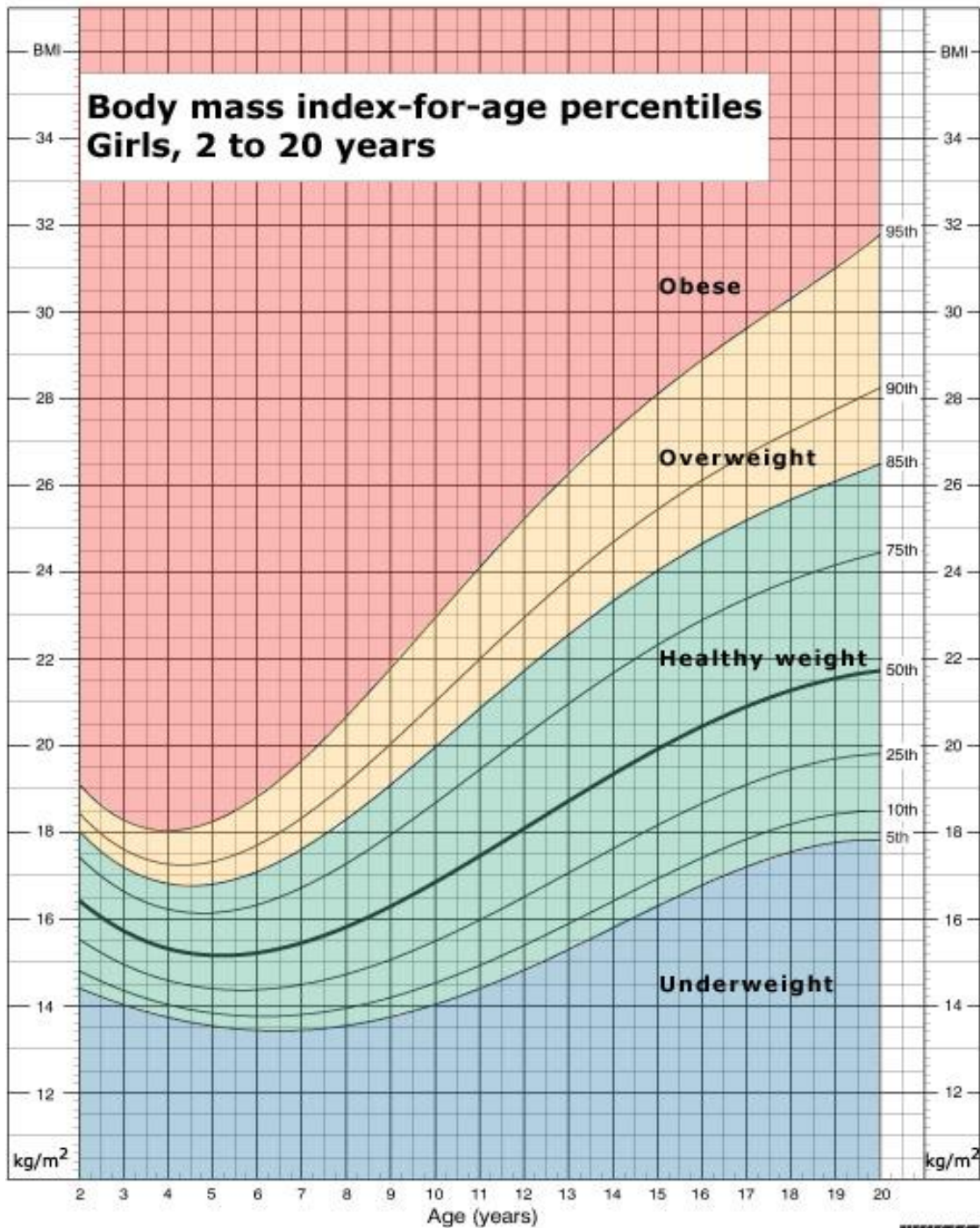
Measure your daughter's height .....mtrs

eg. 90cms = 0.9mtrs or 110cms = 1.10mtrs

Measure your daughter's weight .....Kgs

Go to <http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bmi4child>

Put her details into the online calculator, and it will plot her BMI



If you're not sure, ask for help from your Coordinator or a child health worker

# MY SON'S BMI

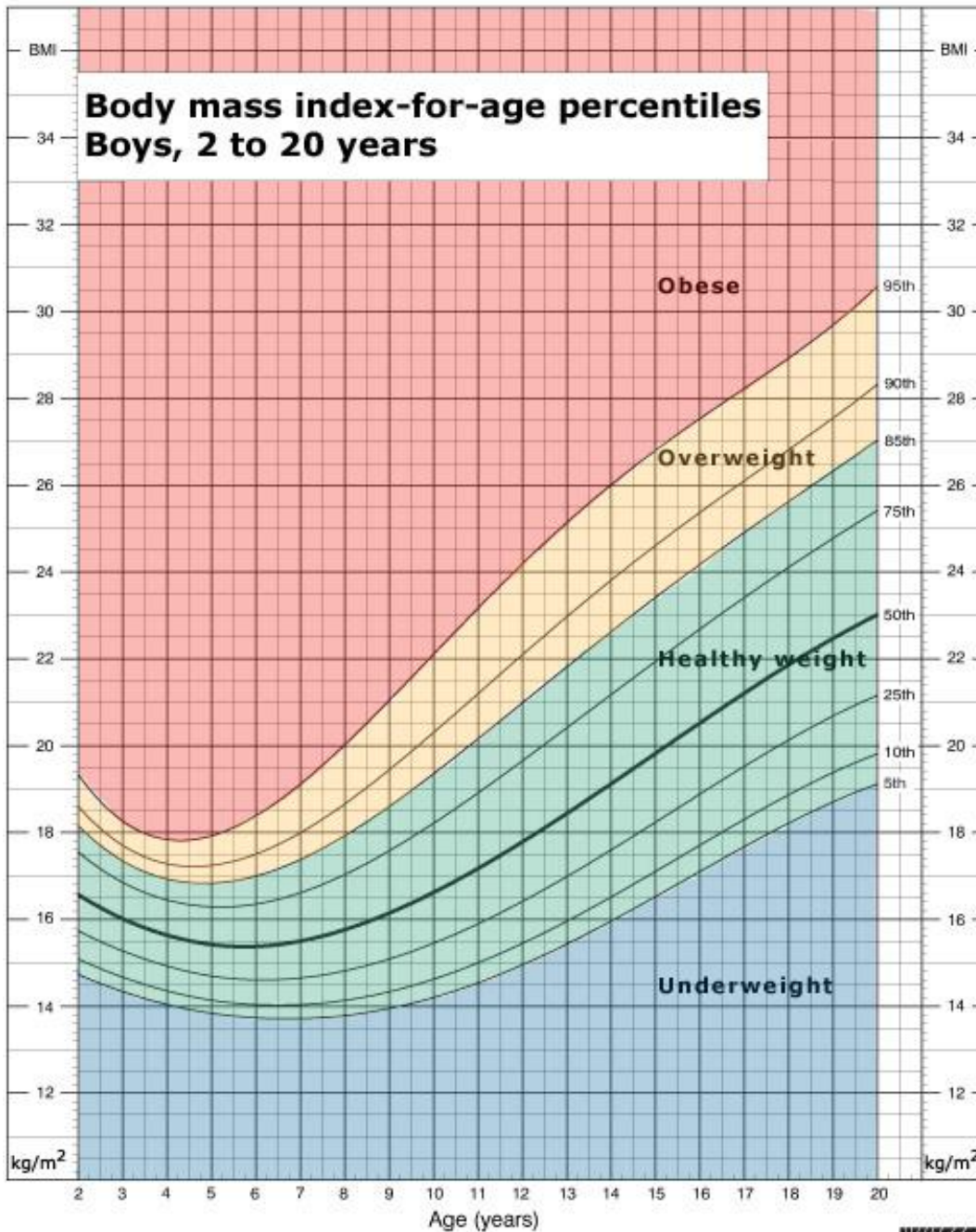
Measure your son's height .....mtrs

eg. 90cms = 0.9mtrs or 110cms = 1.10mtrs

Measure your son's weight .....Kgs

Go to <http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bmi4child>

Put his details into the online calculator, and it will plot his BMI



If you're not sure, ask for help from your Coordinator or child health worker