

Go to: <http://www.healthstatus.com>

-> Calculators

Calculate:

Body Fat _____

What is Healthy range? _____

Body Mass (BMI) _____

What is Healthy range? _____

Daily Energy Expenditure _____

What is this? _____

Frame Size _____

Ideal Weight _____

Ideal weight range _____

What does this NOT take into consideration? _____

Lose one pound

How many minutes to lose one pound

Running 8 mph _____ mins = _____ Hrs

Playing Basketball _____ mins = _____ Hrs

Jump roping _____ mins = _____ Hrs

Bicycling _____ mins = _____ Hrs

Chopping Wood _____ mins = _____ Hrs

Target Heart Rate _____

Waist to Hip Ratio _____

What information did this give you? _____

Go to: <http://diet.ivillage.com/healthcalc> check CHOOSE ALL

List all calculations:

Go to: <http://www.wvda.org/calcs/>

Calorie requirement _____

Go to: <http://www.dietitian.com/ibw/ibw.html>

List calculations given: