BMI stands for BODY MASS INDEX. It's a tool to measure the relationship between weight and height. Being overweight or obese can increase your risk for certain types of cancer, like breast and colorectal cancer.

**WHY IS BMI IMPORTANT?**

Being overweight or obese can increase your risk for certain types of cancer, like breast and colorectal cancer.

**HOW DO I CALCULATE MY BMI?**

1. Find your height on the left side.
2. Find your weight on the top of the graph.
3. Go straight down from that point until you come to the box that matches your height. The number in that box is your BMI.

For example, if you weigh 120 lbs and are 5 ft tall, your BMI is 23.

**WHAT DOES IT MEAN?**

18.4 or lower: underweight
18.5-24.9: normal
25 – 29.9: overweight
30 or higher: obese

The BMI scale is different for children younger than age 18.

It’s important to remember that BMI is just one tool to measure your overall health. Talk to your doctor if you’re concerned about your BMI.

**RECORD** the date along with your weight, height, BMI and any other information below to track your progress.

#endcancer