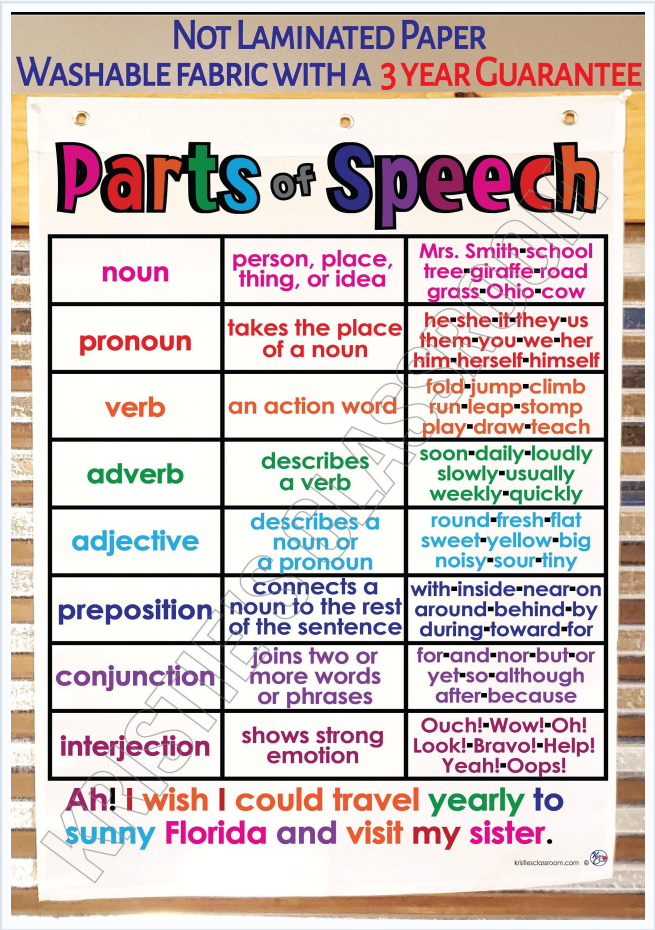
What Does "Off the Charts" Really Mean?

Free Printable Preview | 39+ High-Resolution Sheets Available



Printing & Usage Overview

You're here because you need a quick answer, a reliable reference for a chart that's got you stumped. Maybe it's a body mass index (BMI) chart, or a weight-height ratio guide - these can be off the charts confusing! It's easy to feel lost when you're trying to understand the categories and ranges, especially as they can vary depending on where you are and who you ask. But don't worry, we'll get you on track with a simple breakdown. These charts are designed to give you a snapshot of your health, and with a few key insights, you'll be reading them like a pro. Understanding Body Mass Index (BMI): What It Means to Be "Off the Charts" Body Mass Index, or BMI, is a simple calculation that helps give an indication of whether your weight is in a healthy range for your height. It's a useful tool to get an overview of your health, but it's not the only measure of health or fitness. So, what does it mean when someone is "off the

Get All 39+ High-Resolution Printable Sheets (Free):

https://sandbox.independent.com/off-the-charts

Personal & classroom use only. Set printer scale to Actual Size for best clarity.