BODY COMPOSITION ASSESSMENT GRAPHS

Individual Sports  Columbus North Physical Education

FEMALE

Name: _________________________________________                          Period: ________________

Date: ___________    Height: _____________     Weight: _____________     Age: _________

Body Fat %: ________________    BMI (Body Mass Index): __________

Girl’s Percent Body Fat

0 10 20 30 40 50

5 6 7 8 9 10 11 12 13 14 15 16 17 17+

Girl’s Body Mass Index

10 12 14 16 18 20 22 24 26 28 30

5 6 7 8 9 10 11 12 13 14 15 16 17 17+
Habits of Mind: Thinking flexibly