

RESIDENT MONTHLY WEIGHT CHART

CHART 1

110													
109													
108													
107													
106													
105													
104													
103													
102													
101													
100													
99													
98													
97													
96													
95													
94													
93													
92													
91													
90													
89													
88													
87													
86													
85													
84													
83													
82													
81													
80													
79													
78													
77													
76													
75													
74													
73													
72													
71													
70													
69													
68													
67													
66													
65													
64													
63													
62													
61													
60													
59													
58													
57													
56													
55													
54													
53													
52													
51													
50													
49													
48													
47													
46													
45													
44													
43													
42													
41													
40													
39													
38													
37													
36													
35													
weight (kg)	Date:	Date:	Date:	Date:	Date:	Date:	ULNA LENGTH:						
	WEIGHT:	WEIGHT:	WEIGHT:	WEIGHT:	WEIGHT:	WEIGHT:		HEIGHT:					
	BMI:	BMI:	BMI:	BMI:	BMI:	BMI:							

affix sticker here

To complete this chart:

1. Record ulna length and estimated height in the green boxes below (height is estimated using the table on the back of *Information Sheet 2*).
2. Record date and weight (to nearest kg) in the blue boxes at the bottom of the graph and mark weight up the blue column on the graph.
3. Calculate BMI using the *BMI Table (Tool 1)*, rounding up height if needed.

Optimal BMI lines:

Optimal BMI is determined by the action plan on the *Flowchart (Tool 2)*.

To calculate optimal BMI for this resident:

1. Using *BMI Table* find residents height and corresponding weight that would give the goal BMI (take first instance of the goal BMI on the table). Draw the goal BMI line on the chart.