"Connecting to Wellness" Cheat Sheet 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

NUTRITIONAL TEST - BMI

How to Calculate Your BMI: Formula: weight (lb) / [height (in)]² x 703Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703. Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: $[150 \div (65)^2]$ x 703 = 24.96

Or go to the bottom of www.connectingtowellness.com and use the BMI calculator.

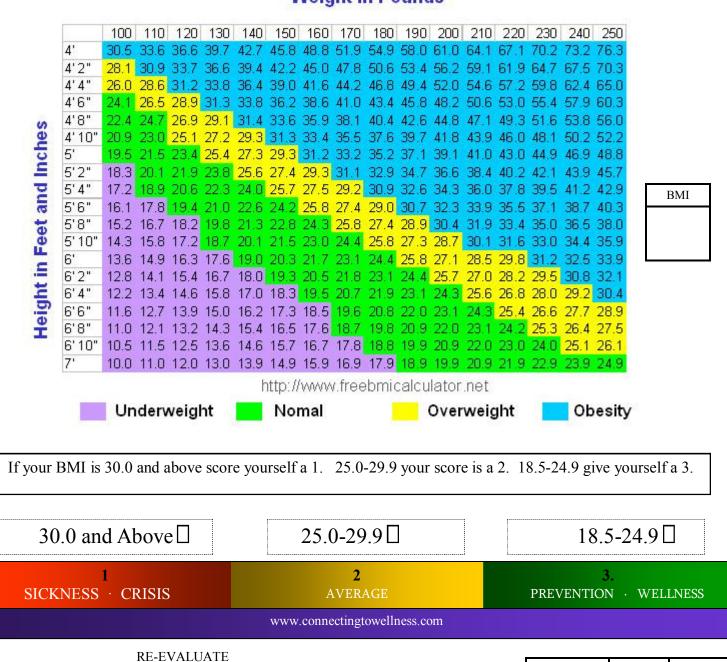
30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR YEAR

NAME

DATE

USE CHART BELOW

Weight in Pounds



SCORE

BMI TEST