



# Health Report Card for Boys

<b>Name</b>					<b>Date</b>				
<b>Gender</b>	Male				<b>DOB</b>			<b>Age</b>	
<b>Height</b>		<b>Weight</b>		<b>Blood pressure</b>		<b>Pulse</b>		<b>BMI</b>	

BMI CATEGORY (CHECK ONE)	PERCENTILE RANGE
Underweight	Less than the 5 <sup>th</sup> percentile
Healthy Weight	5 <sup>th</sup> percentile to less than the 85 <sup>th</sup> percentile
Overweight	85 <sup>th</sup> to less than the 95 <sup>th</sup> percentile
Obese	Equal to or greater than the 95 <sup>th</sup> percentile

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for most children and teens. For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. The growth charts show the weight status categories used with children and teens (underweight, healthy weight, overweight, and obese).

## RISK FACTORS REVIEWED (CHECK ONE ANSWER FOR EACH QUESTION.)

<b>1.</b>	<b>How often does your child participate in physical activity for a total of at least 60 minutes?</b>	
	Every day	
	6 days a week	
	5 days a week	
	4 days a week	
	3 days a week	
	2 days a week	
	1 day a week	
	Never	
<b>2.</b>	<b>How much time does your child spend watching TV, playing video games and surfing the internet each day?</b>	
	6 hours	
	5 hours	
	4 hours	
	3 hours	
	2 hours	
	1 hour	
	He or she doesn't	
<b>3.</b>	<b>How would you describe your child's diet?</b>	
	Unhealthy	
	Healthy (includes a variety of foods with plenty of grain products, vegetables & fruits, is low in fat, saturated fat and cholesterol, is moderate in sugars and salt, and includes calcium rich foods)	