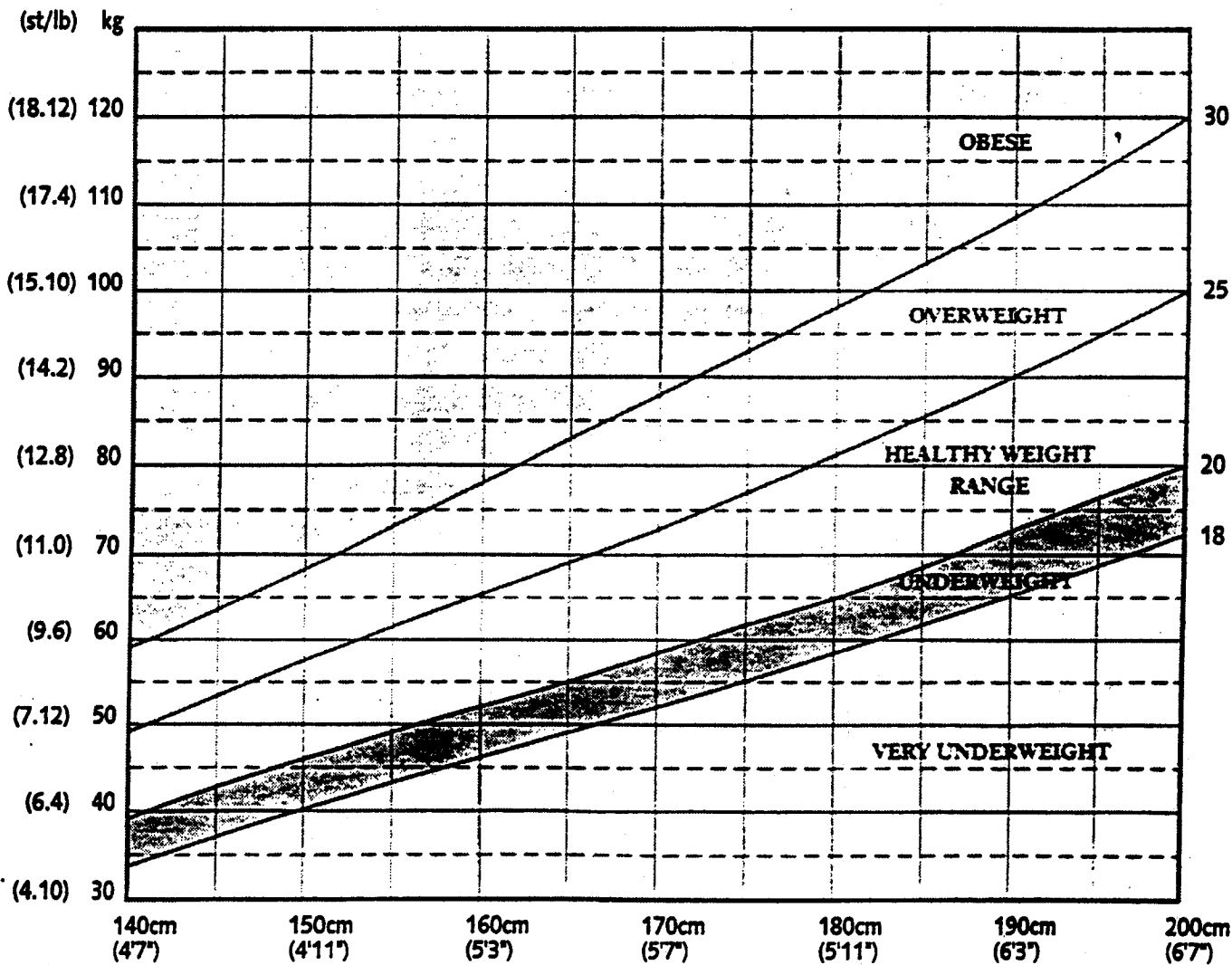


BODY MASS INDEX CHART

Weight For Height Chart (For Men and Women from 18 years onward)

Based on Body Mass Index (BMI) in Range of 18, 20, 25, 30.

WEIGHT IN KILOGRAMS (STONES & POUNDS) — IN LIGHT CLOTHING WITHOUT SHOES



HEIGHT IN CENTIMETRES (FEET & INCHES) - WITHOUT SHOES

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m}^2\text{)}}$$