

Instructions for Using Lookup Tables for BMI and Aerobic Capacity

1. Lookup BMI.

- ▶ Find approximate weight across top of the chart.
- ▶ Find approximate height down the left side of the chart.
- ▶ Find BMI in the cell where the height row and weight column intersect.
- ▶ Write down this number.
- ▶ Since heights and weights are approximate numbers this is an estimation of BMI.
- ▶ Use the estimated BMI or a calculated BMI.

Height Feet inches		Weight (lbs)										
		100	105	110	115	120	125	130	135	140	145	150
4	11	20.2	21.2	22.2	23.2	24.2	25.2	26.3	27.3	28.3	29.3	30.3
5	0	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3
5	1	18.9	19.8	20.8	21.7	22.7	23.6	24.6	25.5	26.5	27.4	28.3
5	2	18.3	19.2	20.1	21.0	21.9	22.9	23.8	24.7	25.6	26.5	27.4
5	3	17.7	18.6	19.5	20.4	21.3	22.1	23.0	23.9	24.8	25.7	26.6
5	4	17.2	18.0	18.9	19.7	20.6	21.5	22.3	23.2	24.0	24.9	25.7
5	5	16.6	17.5	18.3	19.1	20.0	20.8	21.6	22.5	23.3	24.1	25.0
5	6	16.1	16.9	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.4	24.2
5	7	15.7	16.4	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7	23.5
5	8	15.2	16.0	16.7	17.5	18.2	19.0	19.8	20.5	21.3	22.0	22.8
5	9	14.8	15.5	16.2	17.0	17.7	18.5	19.2	19.9	20.7	21.4	22.2
5	10	14.3	15.1	15.8	16.5	17.2	17.9	18.7	19.4	20.1	20.8	21.5

2. Lookup Aerobic Capacity (VO2max).

- ▶ Find the appropriate chart for age.
- ▶ Find the approximate BMI across the top of the chart.
- ▶ Find approximate number of PACER laps or One Mile Run time down the left side of the chart.
- ▶ Find VO2max in the cell where the laps (time) row and BMI column intersect.
- ▶ Since the BMI and the laps (time) are approximate numbers this is an estimation of VO2max.

Mile Run	BMI		19	20	21	22	23	24	25	26	27	28	29
	PACER (20M)	PACER (15M)											
10:40	23	30	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6
10:09	28	36	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2
9:46	32	42	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9
9:22	37	48	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6
9:04	41	54	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3
8:42	46	60	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1
8:22	51	67	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0
8:04	56	73	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9
7:46	61	80	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
7:25	67	87	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9
7:10	72	94	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8
6:52	78	101	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9
6:37	83	108	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8
6:22	89	116	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8
6:10	94	123	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6
5:53	101	131	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8
5:44	106	138	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5
5:31	113	147	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5

Aerobic Capacity (VO2max) numbers to the left of the bold line are in the Healthy Fitness Zone®.