

# Body Mass Index Diary

From *We're Killing Our Kids: How to End the Epidemic of Overweight & Sedentary Children*  
by Todd Hollander. Available at [www.worthypress.com](http://www.worthypress.com) and major online booksellers.

| Name | Date | Height | Weight | BMI | Percentile | Date of Next Measurement | Goal for Next Measurement |
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