

Setting Your Weight Loss Goals

We will be using BMI to help you identify your goal weight.

Body Mass Index equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m²)

- Less than 18.5 is considered underweight
- 18.5-24.9 is considered normal
- 25-29.9 is considered overweight
- 30-39.9 is considered obese
- 40 and above is considered morbidly obese

Using the BMI Chart on the next page, find your height in inches and then set your goal weight from the range between 19 and <25 BMI. If you are morbidly obese or have a large frame, set your goal in the 24-25 BMI range for your height. If you have a small frame, set your goal for 19-20 BMI range for your height. Usually my female clients set BMI goals between 19 and 22 and my male clients set BMI goals between 21 and 24.

To determine your frame size, take your middle finger and thumb of your right hand and encircle your left wrist. If your fingers barely touch you have a large frame, if they slightly overlap you have a medium frame, if they overlap to the edge of the start of both of your nail beds you have a small frame.

Body Mass Index Chart							
(kg/m ²)	BMI						
	19	20	21	22	23	24	25
	Height(in.)		Weight (lb.)				
58	91	96	100	105	110	115	119
59	94	99	104	109	114	119	124
60	97	102	107	112	118	123	128
61	100	106	111	116	122	127	132
62	104	109	115	120	126	131	136
63	107	113	118	124	130	135	141
64	110	116	122	128	134	140	145
65	114	120	126	132	138	144	150
66	118	124	130	136	142	148	155
67	121	127	134	140	146	153	159
68	125	131	138	144	151	158	164
69	128	135	142	149	155	162	169
70	132	139	146	153	160	167	174
71	136	143	150	157	165	172	179
72	140	147	154	162	169	177	184
73	144	151	159	166	174	182	189
74	148	155	163	171	179	186	194
75	152	160	168	176	184	192	200
76	156	164	172	180	189	197	205

Next set your body fat percentage goals. Think of your body as having two basic components-fat and everything else (which is known as fat free mass). Body fat percentage tells how much of your body is made up of fat weight. Women have 10-15% essential fat weight, that is fat they must have to survive and function properly, men need only 3-5%. Here are the ideal ranges for body fat that will support overall health:

- Men 10-18% (athletic males average 5-12%)
- Women 18-25% (athletic females average 15-22%)

Finally set your measurement goals.



For women, you want your waist to be under 35 to reduce your risk of heart disease. Ideal ranges depend on height and frame size, if you are between 5'4' and 5'10' strive for a waist between 26'- 30'.

For men, you need your waist measurement to be under 40 to reduce your risk of heart disease. Ideal ranges vary with height, if you are between 5'8' and 6'2' strive for a 30-34 inch waist.

Note for men! Your pants size is NOT your waist measurement, it is usually about 4 inches larger than your pants size depending on how much of a bulge is happening above your belt. The weight, body fat and waist measurement goals that I set are based on what will get you to ideal health and keep you there.