

BMI PERCENTILE TRACKING CHART

Clinical Reference Template – Ages 2 to 20

Child's Name: _____
Date of Birth: _____
Gender: – Male – Female
Physician: _____

Date	Age	Weight (kg/lb)	Height (cm/in)	Calculated BMI	Percentile
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Reference Guide

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy Weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile

Weight Status Category	Percentile Range
Obese	Equal to or greater than the 95th percentile

Note: BMI is used as a screening tool, not a diagnostic tool. Consult a healthcare provider for growth assessments.