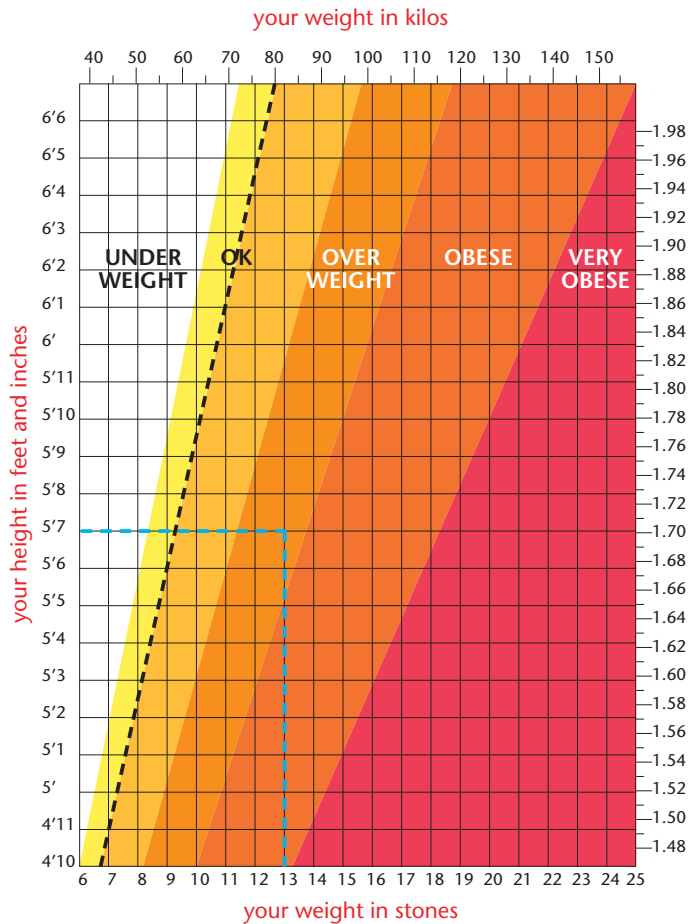


# Are you a healthy weight for your height?



## Weight Record Card

Details about you:

Name: \_\_\_\_\_

