

Prevent your child becoming over-weight!

A must-have book for every parent /grand parent

Boy's Growth Charts and User-Friendly Over Weight-Obesity Screening Tools

BMI computation is NOT required

Height- Feet/Inches	Age = 04 - Less than 05 Years			
	Under weight (BMI: Less than 5 th Percentile)	Healthy Weight Range (BMI: 5 th to 85 th Percentile)	Over Weight Range (BMI: 85 th to 95 th Percentile)	Obese weight (BMI: Greater than 95 th Percentile)
3'2"	Less than 29 lbs	29 - 35 lbs	36 - 37 lbs	Greater than 37 lbs
3'3"	Less than 30 lbs	30 - 37 lbs	38 - 39 lbs	Greater than 39 lbs
3'4"	Less than 31 lbs	32 - 39 lbs	40 - 41 lbs	Greater than 41 lbs
3'5"	Less than 32 lbs	34 - 40 lbs	41 - 43 lbs	Greater than 43 lbs
3'6"	Less than 33 lbs	35 - 42 lbs	43 - 45 lbs	Greater than 45 lbs
3'7"	Less than 34 lbs	37 - 45 lbs	46 - 47 lbs	Greater than 47 lbs
3'8"	Less than 35 lbs	39 - 47 lbs	48 - 49 lbs	Greater than 49 lbs

George Fernandez

Girl's Growth Charts and User-Friendly Over Weight-Obesity Screening Tools

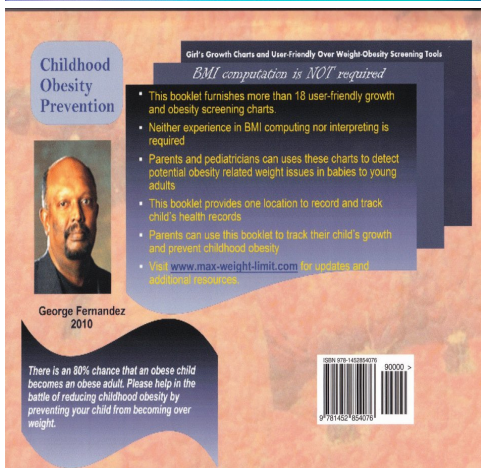
BMI computation is NOT required

Height- Feet/Inches	Age = 04 - Less than 05 Years			
	Under weight (BMI: Less than 5 th Percentile)	Healthy Weight Range (BMI: 5 th to 85 th Percentile)	Over Weight Range (BMI: 85 th to 95 th Percentile)	Obese weight (BMI: Greater than 95 th Percentile)
3'2"	Less than 26 lbs	26 - 35 lbs	36 - 37 lbs	Greater than 37 lbs
3'3"	Less than 28 lbs	30 - 37 lbs	38 - 39 lbs	Greater than 39 lbs
3'4"	Less than 30 lbs	32 - 39 lbs	40 - 41 lbs	Greater than 41 lbs
3'5"	Less than 32 lbs	34 - 40 lbs	41 - 43 lbs	Greater than 43 lbs
3'6"	Less than 33 lbs	35 - 42 lbs	43 - 45 lbs	Greater than 45 lbs
3'7"	Less than 34 lbs	37 - 45 lbs	46 - 47 lbs	Greater than 47 lbs
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- This booklet furnishes more than 20 user-friendly growth and obesity growth charts.
- Parents can monitor child growth from birth to 20 years and watch for early signs of obesity.
- Provides one location to record child's health and medical records
- Valuable resources for pediatricians and school nurses
- Ideal gift for baby shower/birthday parties

**\$ 16.95 +SH
per copy**



Growth charts are based on English Units (pounds, Inches).

Books based on metric scale (kg, cm) will be available in the Fall 2010

**Purchase from Amazon.com:
Google search:
"Amazon+George Fernandez"**

There is a 80% chance that an obese child becomes an obese adult. Please help in the battle childhood obesity by preventing your child from becoming an over weight adult.

**For more information:
www.max-weight-limit.com**