

BMI CHARACTER CARDS

Animated Allison is 11 years old. She was born on May 15, 1996. She weighs 88 pounds and is 5 feet tall. Allison spends a lot of her free time playing outside with her younger brother. They love to ride their bikes and play baseball.

Snacking Jack is 11 years old. He was born on May 15, 1996. He weighs 120 pounds and is 5 feet 1 inch. Jack comes home after school and immediately heads for the pantry. Although there are healthy choices of food in the pantry, Snacking Jack insists on eating junk food for an after school snack.

Lanky Luke just turned 13 on January 25. He has hit a growth spurt and has grown 4 inches since the beginning of the year. He is exactly 5 feet 4 inches tall and weighs only 85 pounds. Luke does not participate in a lot of physical activities. The most exercise he gets is from walking two blocks to and from school.

Dogged Danika was born January 25, 1994. She is now 13 and is thinking about trying out for the basketball team. Danika is 5 feet 6 inches and weighs 200 pounds. Instead of riding the bus every day, Danika has decided walking would be better. She has also started bringing her lunch to school instead of eating the cafeteria food to help lose weight.

Spirited Sue was born in 1993. She just turned 14 on June 6. She is now old enough to participate in a summer program at school. The program consists of different physical activities to help keep student active during the summer. Sue weighs 120 pounds and is 5 feet 4 inches tall.

Tough Tom is new to school and wants to join the football team. The coach thinks he could be part of the defensive line. He was born June 6, 1993 and weighs 220 pounds. He is 6 feet and 1 inch tall.

Minimal Miguel is famous for only doing the minimum. He only plays soccer when it is time for games or practice. He would rather play his video games than spend more time on the soccer field. Miguel only eats a few vegetables and would rather have a candy bar. He weighs 145 pounds and is 5 feet 7 inches tall. He was born November 10, 1991 and is 15 years old.

Bossy Betty received a new phone for her 15th birthday. She was born November 10, 1991. Betty spends most of her time talking on her new phone. Betty always manages to get out of doing her chores by making her sister do them. Betty weighs 190 pounds and is 6 feet 2 inches.