

Inombolo yeluphenyo: _____

Lusuku wanamuhla: _____

STOP BANG - SISWATI

- Uyahona? Yebo: _____ Cha: _____
- Uke utive udziniwe noma wetela emini? Yebo: _____ Cha: _____
- Ukhona loke weva kutsi kuphefumula kwakho kuye Kuncamuke uma ulele? Yebo: _____ Cha: _____
- Ngabe uyaye uphakame umfutfo wakho wengati? (i-BP) Yebo: _____ Cha: _____

Bala kutsi tingaki tikhatsi lophendvule watsi “Yebo” bese ubhala leyonombolo kulelibhokisi:

B	A	N	G
i-BMI	Iminyaka	Isayizi Yentsamo	Bulili Wesilisa
>35	>50y	>40cm	>15.7”

Uma budze

bakho bungu : ft.in. 4’10” 5’0” 5’2” 5’4” 5’6” 5’8” 5’10” 6’0” 6’2” 6’4”
& futsi sisindvo

sakho singu > lbs. 167 179 191 204 216 230 250 258 272 287

Uma budze

bakho bungu : cm. 147 152 158 163 168 173 178 183 188 193 &
futsi sisindvo

sakho singu > kg. 75 81 86 92 97 104 113 116 122 129

Ngako ke inombolo ye-BMI yakho ingetulu kwa 35

Ngabe i-BMI yakho ingetulu 35?

Yebo: _____ Cha: _____