

Inombolo Yophenyo: _____

Usuku Lwanamuhla: _____

STOP BANG - XHOSA

Uyarhona? Ewe_____ Hhayi_____

Uziva udiniwe okanye unobuthongo emini? Ewe____Hhayi__

Bakhe bakuxelela ukuba umphefumlo wakho uyama uma ulele? Ewe____Hhayi__

Ungaba une high high (i-BP)? Ewe____Hhayi__

Mangaphi amaxesha ophendule wathi “Ewe” ngawo, bhala leyonombolo kwelibhokisi elilandelayo.

B	A	N	G
i-BMI	Iminyaka	Usayizi Wentamo	Ubulili
>35	>50 y	> 40cm > 15.7”	- Owesilisa
Uma ubude bakho bungu: Futhi isisindo sakho singu >	ft. 4’10” 5’0” 5’2” 5’4” 5’6” 5’8” 5’10”	in. 167 179 191 204 216 230 250	6’0” 6’2” 6’4” 258 272 287
Uma ubude bakho bungu: Futhi isisindo sakho singu >	cm 147 152 158 163 168 173 178	kg 75 81 86 92 97 104 113	183 188 193 116 122 129

Ngakho ke inombolo ye-BMI yakho ingaphezu kuka 35

Ingabe i-BMI yakho ingaphezu kuka 35? Ewe____Hhayi__