

Inombolo Yophenyo: _____

Usuku Lwanamuhla: _____

STOP BANG - Isizulu

Uyahona? Yebo ____ Cha ____

Uke uzizwe ukhathale noma wozela emini? Yebo __ Cha __

Ukhona oseke wezwa ukuthi ukuphefumula kwakho kuyanqamuka uma ulele? Yebo __ Cha __

Ungabe unokuphakama komfutho wegazi (i-BP)? Yebo __ Cha __

Bala ukuthi zingaki izikhathi ophendule wathi “Yebo” ngazo, bese ubhala leyo nombolo kulelibhokisi.

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

Ngakho ke inombolo ye-BMI yakho ingaphezu kuka 35

Ingabe i-BMI yakho ingaphezu kuka 35? Yebo __ Cha __