

Appendix C: Quarterly Target BMI Values

CDC Weight Classification	BMI Range/CDC Classification	Beginning BMI Range for Qtrly Target	Example Beginning BMI	TARGET BMI	Quarterly Target														
					Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15
normal	18.5 to 24.9	18.5 to 24.9	N/A	27.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
overweight	25 to 28.5	25 to 28	28.5	27.5	28.0	27.5													
overweight*	28.6-29.9	29.9	29.9	27.5	29.1	28.2	27.5												
obesity class. 1	30 to 34.9	30 to 32.5	32.6	27.5	31.3	30.0	28.6	27.5											
obesity class. 1*	32.6-34.9	32.6- 34.9	34.6	27.5	34.1	33.6	33.0	32.5	32.0	27.5									
obesity class. 2	35 to 39.9	35 to 36.8	36.9	27.5	36.9	34.2	33.7	32.2	30.6	28.9	27.5								
obesity class. 2*	36.9	36.9-39.9	38.9	27.5	37.4	36.0	34.7	33.3	32.1	30.9	29.7	28.6	27.5						
extreme obesity class. 3*	>40	40.1-45	45	27.5	43.2	41.5	39.8	38.2	36.8	35.4	33.9	32.5	31.3	30.0	28.8	27.5			
extreme obesity class. 3*	>40	45.1->50	50	27.5	48.0	46.2	44.3	42.4	41.0	39.3	37.7	36.2	34.8	33.5	32.0	30.7	29.5	28.3	27.5

* = 15% baseline bodyweight loss/year

NOTE: The quarterly target for officers is a loss of approximately 3.5% baseline body weight, which is approximately 15% baseline body weight loss per year