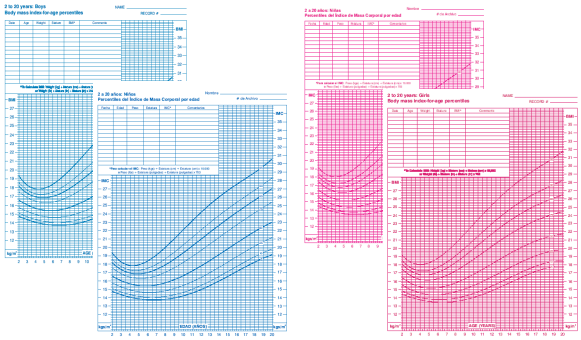
English instructions:

To calculate BMI:

Weight (kg) ÷ Stature (cm) (height in centimeters) x 10,000
or
Weight (lbs) ÷ Stature (in) (height in inches) x 703

Spanish instructions:

Para calcular el IMC:

Peso (kgs) ÷ Estatura (cm) ÷ Estatura (cm) x 10.000
o
Peso (lbs) ÷ Estatura (pulgadas) ÷ Estatura (pulgadas) x 703