

**DATE CHART - Each line is 25 days long...find your starting date and count down to your ending date...**

|         |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Jan     | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Jan/Feb | 26 | 27 | 28 | 29 | 30 | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Feb/Mar | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Mar/Apr | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| Apr/May | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1  | 2  | 3  | 4  | 5  |
| May     | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| May/Jun | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Jun/Jul | 25 | 26 | 27 | 28 | 29 | 30 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Jul/Aug | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| Aug/Sep | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| Sep/Oct | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1  | 2  |
| Oct     | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Oct/Nov | 28 | 29 | 30 | 31 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Nov/Dec | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Dec     | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |    |    |    |    |    |    |

**Tip for using the Date Chart:** count from your start date to the end of the line, add 25 for every whole line between that and the finish date line, and then count the dates from the left side to your finish date.

“30 days hath September, April, June and November...all the rest have 31, except for February alone....”

**3M Due Dates:** Quarterly assessments are due every three months on every enrolled client. The window for completing the 3M is 15 days before the 3M anniversary and 30 days after.

| Partnership Date Month | Quarterly Assessments Due Every ... |
|------------------------|-------------------------------------|
| January                | April, July, October, January       |
| February               | May, August, November, February     |
| March                  | June, September, December, March    |
| April                  | July, October, January, April       |
| May                    | August, November, February, May     |
| June                   | September, December, March, June    |
| July                   | October, January, April, July       |
| August                 | November, February, May, August     |
| September              | December, March, June, September    |
| October                | January, April, July, October       |
| November               | February, May, August, November     |
| December               | March, June, September, December    |

| BMI Weight (Lbs) | Height (Feet & Inches) |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
|------------------|------------------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|-------|-------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|-------|-------|-------|--|--|--|--|--|--|
|                  | 4' 10"                 | 4' 11" | 5' 0" | 5' 1" | 5' 2" | 5' 3" | 5' 4" | 5' 5" | 5' 6" | 5' 7" | 5' 8" | 5' 9" | 5' 10" | 5' 11" | 6' 0" | 6' 1" | 6' 2" | 4' 10" | 4' 11" | 5' 0" | 5' 1" | 5' 2" | 5' 3" | 5' 4" | 5' 5" | 5' 6" | 5' 7" | 5' 8" | 5' 9" | 5' 10" | 5' 11" | 6' 0" | 6' 1" | 6' 2" |  |  |  |  |  |  |
| 100              | 20.9                   | 20.2   | 19.5  | 18.9  | 18.3  | 17.7  | 17.2  | 16.6  | 16.1  | 15.7  | 15.2  |       |        |        |       |       |       |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 105              | 21.9                   | 21.2   | 20.5  | 19.8  | 19.2  | 18.6  | 18.0  | 17.5  | 16.9  | 16.4  | 16.0  | 15.5  | 15.1   |        |       |       |       |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 110              | 23.0                   | 22.2   | 21.5  | 20.8  | 20.1  | 19.5  | 18.9  | 18.3  | 17.8  | 17.2  | 16.7  | 16.2  | 15.8   | 15.3   |       |       |       |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 115              | 24.0                   | 23.2   | 22.5  | 21.7  | 21.0  | 20.4  | 19.7  | 19.1  | 18.6  | 18.0  | 17.5  | 17.0  | 16.5   | 16.0   | 15.6  | 15.2  |       |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 120              | 25.1                   | 24.2   | 23.4  | 22.7  | 21.9  | 21.3  | 20.6  | 20.0  | 19.4  | 18.8  | 18.2  | 17.7  | 17.2   | 16.7   | 16.3  | 15.8  | 15.4  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 125              | 26.1                   | 25.2   | 24.4  | 23.6  | 22.9  | 22.1  | 21.5  | 20.8  | 20.2  | 19.6  | 19.0  | 18.5  | 17.9   | 17.4   | 17.0  | 16.5  | 16.0  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 130              | 27.2                   | 26.3   | 25.4  | 24.6  | 23.8  | 23.0  | 22.3  | 21.6  | 21.0  | 20.4  | 19.8  | 19.2  | 18.7   | 18.1   | 17.6  | 17.1  | 16.7  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 135              | 28.2                   | 27.3   | 26.4  | 25.5  | 24.7  | 23.9  | 23.2  | 22.5  | 21.8  | 21.1  | 20.5  | 19.9  | 19.4   | 18.8   | 18.3  | 17.8  | 17.3  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 140              | 29.3                   | 28.3   | 27.3  | 26.4  | 25.6  | 24.8  | 24.0  | 23.3  | 22.6  | 21.9  | 21.3  | 20.7  | 20.1   | 19.5   | 19.0  | 18.5  | 18.0  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 145              | 30.3                   | 29.3   | 28.3  | 27.4  | 26.5  | 25.7  | 24.9  | 24.1  | 23.4  | 22.7  | 22.0  | 21.4  | 20.8   | 20.2   | 19.7  | 19.1  | 18.6  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 150              | 31.3                   | 30.3   | 29.3  | 28.3  | 27.4  | 26.6  | 25.7  | 25.0  | 24.2  | 23.5  | 22.8  | 22.1  | 21.5   | 20.9   | 20.3  | 19.8  | 19.3  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 155              | 32.4                   | 31.3   | 30.3  | 29.3  | 28.3  | 27.5  | 26.6  | 25.8  | 25.0  | 24.3  | 23.6  | 22.9  | 22.2   | 21.6   | 21.0  | 20.4  | 19.9  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 160              | 33.4                   | 32.3   | 31.2  | 30.2  | 29.3  | 28.3  | 27.5  | 26.6  | 25.8  | 25.1  | 24.3  | 23.6  | 23.0   | 22.3   | 21.7  | 21.1  | 20.5  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 165              | 34.5                   | 33.3   | 32.2  | 31.2  | 30.2  | 29.2  | 28.3  | 27.5  | 26.6  | 25.8  | 25.1  | 24.4  | 23.7   | 23.0   | 22.4  | 21.8  | 21.2  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 170              | 35.5                   | 34.3   | 33.2  | 32.1  | 31.1  | 30.1  | 29.2  | 28.3  | 27.4  | 26.6  | 25.8  | 25.1  | 24.4   | 23.7   | 23.1  | 22.4  | 21.8  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 175              | 36.6                   | 35.3   | 34.2  | 33.1  | 32.0  | 31.0  | 30.0  | 29.1  | 28.2  | 27.4  | 26.6  | 25.8  | 25.1   | 24.4   | 23.7  | 23.1  | 22.5  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 180              | 37.6                   | 36.4   | 35.2  | 34.0  | 32.9  | 31.9  | 30.9  | 30.0  | 29.0  | 28.2  | 27.4  | 26.6  | 25.8   | 25.1   | 24.4  | 23.7  | 23.1  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 185              | 38.7                   | 37.4   | 36.1  | 35.0  | 33.8  | 32.8  | 31.8  | 30.8  | 29.9  | 29.0  | 28.1  | 27.3  | 26.5   | 25.8   | 25.1  | 24.4  | 23.8  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 190              | 39.7                   | 38.4   | 37.1  | 35.9  | 34.7  | 33.7  | 32.6  | 31.6  | 30.7  | 29.8  | 28.9  | 28.1  | 27.3   | 26.5   | 25.8  | 25.1  | 24.4  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 195              | 40.8                   | 39.4   | 38.1  | 36.8  | 35.7  | 34.5  | 33.5  | 32.4  | 31.5  | 30.5  | 29.6  | 28.8  | 28.0   | 27.2   | 26.4  | 25.7  | 25.0  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 200              | 41.8                   | 40.4   | 39.1  | 37.8  | 36.6  | 35.4  | 34.3  | 33.3  | 32.3  | 31.3  | 30.4  | 29.5  | 28.7   | 27.9   | 27.1  | 26.4  | 25.7  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 205              | 42.8                   | 41.4   | 40.0  | 38.7  | 37.5  | 36.3  | 35.2  | 34.1  | 33.1  | 32.1  | 31.2  | 30.3  | 29.4   | 28.6   | 27.8  | 27.0  | 26.3  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 210              | 43.9                   | 42.4   | 41.0  | 39.7  | 38.4  | 37.2  | 36.0  | 34.9  | 33.9  | 32.9  | 31.9  | 31.0  | 30.1   | 29.3   | 28.5  | 27.7  | 27.0  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 215              | 44.9                   | 43.4   | 42.0  | 40.6  | 39.3  | 38.1  | 36.9  | 35.8  | 34.7  | 33.7  | 32.7  | 31.7  | 30.8   | 30.0   | 29.2  | 28.4  | 27.6  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 220              |                        | 44.4   | 43.0  | 41.6  | 40.2  | 39.0  | 37.8  | 36.6  | 35.5  | 34.5  | 33.4  | 32.5  | 31.6   | 30.7   | 29.8  | 29.0  | 28.2  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 225              |                        | 45.4   | 43.9  | 42.5  | 41.1  | 39.9  | 38.6  | 37.4  | 36.3  | 35.2  | 34.2  | 33.2  | 32.3   | 31.4   | 30.5  | 29.6  | 28.9  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 230              |                        |        | 44.9  | 43.5  | 42.1  | 40.7  | 39.5  | 38.3  | 37.1  | 36.0  | 35.0  | 34.0  | 33.0   | 32.1   | 31.2  | 30.3  | 29.5  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 235              |                        |        |       | 45.9  | 44.4  | 43.0  | 41.6  | 40.3  | 39.1  | 37.9  | 36.8  | 35.7  | 34.7   | 33.7   | 32.8  | 31.9  | 31.0  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 240              |                        |        |       |       | 45.3  | 43.9  | 42.5  | 41.2  | 39.9  | 38.7  | 37.6  | 36.5  | 35.4   | 34.4   | 33.5  | 32.5  | 31.7  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 245              |                        |        |       |       |       | 44.8  | 43.4  | 42.0  | 40.8  | 39.5  | 38.4  | 37.2  | 36.2   | 35.2   | 34.2  | 33.2  | 32.3  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |
| 250              |                        |        |       |       |       |       | 45.7  | 44.3  | 42.9  | 41.6  | 40.3  | 39.2  | 38.0   | 36.9   | 35.9  | 34.9  | 33.9  |        |        |       |       |       |       |       |       |       |       |       |       |        |        |       |       |       |  |  |  |  |  |  |

Note: to calculate BMI for a Child/TAY (2-20) please go online at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>