**発育の記録（乳幼児）**

様式９

**身長・体重を測定した記録として活用してください。**

**体格の目安となるカウプ指数は次の計算式で算出できます。**



**体重ｇ÷（身長ｃｍ×身長ｃｍ）×１０**

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| **判　定** | **カウプ指数** |
| **やせすぎ** | **１２以下** |
| **やせぎみ** | **１３～１４** |
| **標準** | **１５～１８** |
| **太りぎみ** | **１９～２１** |
| **太りすぎ** | **２２以上** |

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| **年月日** | **身長** | **体重** | **カウプ指数** | **備考** |
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