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Filling Up Health Forms by Robert

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Joining a sports club, gym class at school or going to see the doctor for a general physical exam will require you to fill out some basic health forms. These forms include some of your basic information such as name, date of birth (DOB), age, height, weight, etc. Not to worry though because these forms are purely for informational purposes only and it has in no way to do anything with your overall health and wellness. Sometimes these forms come in different system of measurements like when it asks for your height, it requires you to enter it in meters and centimeters instead of what youâ€™re used to, which is feet and inches. The same is true regarding your weight, it sometimes asks you to enter it in kilograms instead of pounds. It can be confusing at times if you donâ€™t know the conversion into your known system of measurements.

While most people can memorize basic unit conversions others, however, have got plenty to think about in life and simply cannot afford the luxury of including them in their memory. Youâ€™re in luck because you can find lots of online conversion tools for both weight and length that can quickly help you solve this problem. Itâ€™s very convenient because you can convert just about any unit of measurement to another form, just like converting pounds into kilograms for example. All you need is a personal computer if youâ€™re at home and if youâ€™ve gone mobile or on the road in a trip somewhere you can use a computer tablet, a laptop, a smartphone or even a game console. As long as your electronic device can access the internet via Wi-Fi connection you can check out this online conversion tool on hundreds of websites.

Converting length and mass is actually fairly easy, well at least if it involves one or two kinds of unit of measurements. As it is impractical to memorize them all when you can just use your computer and get on the internet to automatically convert anything your need using the online conversion tool. The kilogram is just the equivalent of 2.2 pounds. Letâ€™s say that you weigh in at 215 pounds and you want to know how much that is in kilograms.

215 pounds x 1 kilogram = 97.73 kilograms

2.2 pounds

While 1 foot is exactly 30.48 centimeters and 1 inch is precisely 2.54 centimeters (this is trickier than converting masses though). So if youâ€™re approximately 6 feet 2 inches tall you simply multiplyâ€¦

6 x 30.48 = 182.88

and

2 x 2.54 = 5.08

182.88 + 5.08 = 187.96 centimeters

You now have the converted equivalent of your height in centimeters. For all other conversion needs you can refer to the internet and just use those online conversion tools. Now filling up health forms that requires you to input weird data you can just do a quick search in the internet and youâ€™ll get your answer in no time.

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