Lighten Your Load

Your back will thank you!

It's easy to calculate your "MAXIMUM LOAD."

1. Weigh yourself and record it on the chart.
2. Figure out your "maximum load." It's 10% of body weight for Grades K–8 and 15% for Grades 9–12. So, if you're in Grade 5 and weigh 90 pounds, then .10 X 90 = 9 pounds, your personal "maximum load." Record on chart.
3. Weigh your stuff.
   EASY WAY: Weigh your loaded pack on your bathroom scale & record opposite under "loaded pack."
   SCIENTIFIC WAY: Weigh each item on a kitchen or postal scale, including your empty pack, record them, add them up and put total under "loaded pack."
4. Compare your "maximum load" to your "loaded pack." Surprised? If you're over, then maybe it's time to lighten your load!

S-s-straighten up! Unless you want to be leaning like this all of your life, lose some of the load off your shoulder.

	pounds	kilograms
1. My weight		
2. My maximum load		
My stuff	**It weighs...**	
My pack		
My books (list them)		
My binders (list them)		
Notebook		
Shoes		
Sports gear		
Lunch/snack		
Water bottle		
Drinks		
CD's or computer disks		
Pencil case		
Other stuff		
3. TOTAL WEIGHT OF LOADED PACK		
MY MAXIMUM LOAD		
4. I AM OVER/UNDER BY		

The Ontario Chiropractic Association
Association Chiropratique de l'Ontario

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