Instructions for Viewing and Printing Growth Charts

All clinical growth charts may be viewed, downloaded, and printed in Adobe Acrobat. For routine viewing on a computer monitor and printing on a laser printer, the individual charts are available as COLOR PDF files. When routed to a color printer, the clinical charts for boys will print in blue and the clinical charts for girls will print in red. Otherwise, these same charts can be routed to a black-and-white printer, and will print in black-and-white.

The recommended ink colors for printing are Pantone **226 C** red (for girls) and Pantone **299 C** blue (for boys). The recommended paper weight is 80#. Charts should be printed as two-sided copies, in the following combinations for each sex:

Birth -24 Months Charts:
Side 1: Length-for-age and weight-for-age on one side
Side 2: Head circumference and weight-for-stature on the other side

2-19 Year Charts:
Side 1: Weight-for-age and height-for-age on one side
Side 2: BMI-for-age on the other side.