

BMI	Height																			
	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"	6'3"	6'4"	
Weight																				
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12	
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13	
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13	
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14	
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	14	
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	16	16	15	14	
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	15	
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17	
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	17	
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18	
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	18	
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	19	
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	23	
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24	
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25	
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	25	
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27	
230	48	47	45	44	42	41	40	39	37	36	35	34	33	32	31	30	30	29	28	
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29	
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30	
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32	
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33	
275	58	56	54	52	50	49	47	46	44	43	42	41	40	38	37	36	35	34	33	
280	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34	
285	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35	
290	61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37	36	35	
295	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36	
300	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37	

<20
Underweight

Below 20: Underweight

Your weight might be too low. Weight gain may be advisable through good diet and exercise habits to increase your muscle.

20 - 24.9
Healthy Weight

Between 20 and 24.9: Healthy Weight

This is the acceptable range for most people and is associated with living with the lowest incidence of serious illness. Potential health problems increase as your weight increases.

25 - 29.9
Overweight

Between 25 and 29.9: Overweight

You should find ways to lower your weight through diet and exercise. You are increasingly at risk for a variety of illnesses at your present weight.

≥30
Obese

30 and over: Obese

This BMI value indicates you are obese and at risk for many health problems such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. You should lose weight by changing your diet and exercising regularly.

NOTE:
The BMI chart is not for infants, children, teens, pregnant or breast-feeding women, or adults over 65 years old. Nor does it apply to very muscular people and endurance athletes such as runners.