




BODY MASS INDEX


| Height ▶ | 4'9" | 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" | 6'5" | 6'6" | 6'7" | 6'8" | 6'9" | 6'10" | |
|----------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-----|
| Weight ▼ | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI |
| 110 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 13 | 13 | 13 | 12 | 12 | 12 | 12 | |
| 120 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 13 | 13 | 13 | |
| 130 | 28 | 27 | 26 | 25 | 25 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | |
| 140 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | |
| 150 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | |
| 160 | 35 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | |
| 170 | 37 | 36 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | |
| 180 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | |
| 190 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | |
| 200 | 43 | 42 | 40 | 39 | 38 | 37 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 21 | 21 | |
| 210 | 45 | 44 | 42 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | |
| 220 | 48 | 46 | 44 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | |
| 230 | 50 | 48 | 46 | 45 | 43 | 42 | 41 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | |
| 240 | 52 | 50 | 48 | 47 | 45 | 44 | 43 | 41 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | |
| 250 | 54 | 52 | 50 | 49 | 47 | 46 | 44 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 27 | 27 | 26 | |
| 260 | 56 | 54 | 53 | 51 | 49 | 48 | 46 | 45 | 43 | 42 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | |
| 270 | 58 | 56 | 55 | 53 | 51 | 49 | 48 | 46 | 45 | 44 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | |
| 280 | 61 | 59 | 57 | 55 | 53 | 51 | 50 | 48 | 47 | 45 | 44 | 43 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | |
| 290 | 63 | 61 | 59 | 57 | 55 | 53 | 51 | 50 | 48 | 47 | 45 | 44 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 30 | |
| 300 | 65 | 63 | 61 | 59 | 57 | 55 | 53 | 51 | 50 | 48 | 47 | 46 | 44 | 43 | 42 | 41 | 40 | 39 | 37 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | |
| 310 | 67 | 65 | 63 | 61 | 59 | 57 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | |
| 320 | 69 | 67 | 65 | 62 | 60 | 59 | 57 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | |
| 330 | 71 | 69 | 67 | 64 | 62 | 60 | 58 | 57 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 35 | |
| 340 | 74 | 71 | 69 | 66 | 64 | 62 | 60 | 58 | 57 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 36 | |
| 350 | 76 | 73 | 71 | 68 | 66 | 64 | 62 | 60 | 58 | 56 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 41 | 40 | 39 | 38 | 38 | 37 | |

 Underweight:
BMI less than 18.5

 Normal weight:
BMI 18.5 to 24.9

 Overweight:
BMI 25 to 29.9

 Obesity:
BMI 30 to 39.9

 Extreme Obesity:
BMI 40 and above

BODY MASS INDEX

| Height ▶ | 4'9" | 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" | 6'5" | 6'6" | 6'7" | 6'8" | 6'9" | 6'10" | |
|----------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-----|
| Weight ▼ | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI | BMI |
| 360 | 78 | 75 | 73 | 70 | 68 | 66 | 64 | 62 | 60 | 58 | 56 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | |
| 370 | 80 | 77 | 75 | 72 | 70 | 68 | 66 | 64 | 62 | 60 | 58 | 56 | 55 | 53 | 52 | 50 | 49 | 48 | 46 | 45 | 44 | 43 | 42 | 41 | 40 | 39 | |
| 380 | 82 | 79 | 77 | 74 | 72 | 69 | 67 | 65 | 63 | 61 | 60 | 58 | 56 | 55 | 53 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | 41 | 40 | |
| 390 | 84 | 82 | 79 | 76 | 74 | 71 | 69 | 67 | 65 | 63 | 61 | 59 | 58 | 56 | 54 | 53 | 51 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | 41 | |
| 400 | 87 | 84 | 81 | 78 | 76 | 73 | 71 | 69 | 67 | 65 | 63 | 61 | 59 | 57 | 56 | 54 | 53 | 51 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | |
| 410 | 89 | 86 | 83 | 80 | 77 | 75 | 73 | 70 | 68 | 66 | 64 | 62 | 61 | 59 | 57 | 56 | 54 | 53 | 51 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | |
| 420 | 91 | 88 | 85 | 82 | 79 | 77 | 74 | 72 | 70 | 68 | 66 | 64 | 62 | 60 | 59 | 57 | 55 | 54 | 52 | 51 | 50 | 49 | 47 | 46 | 45 | 44 | |
| 430 | 93 | 90 | 87 | 84 | 81 | 79 | 76 | 74 | 72 | 69 | 67 | 65 | 63 | 62 | 60 | 58 | 57 | 55 | 54 | 52 | 51 | 50 | 48 | 47 | 46 | 45 | |
| 440 | 95 | 92 | 89 | 86 | 83 | 80 | 78 | 76 | 73 | 71 | 69 | 67 | 65 | 63 | 61 | 60 | 58 | 56 | 55 | 54 | 52 | 51 | 50 | 48 | 47 | 46 | |
| 450 | 97 | 94 | 91 | 88 | 85 | 82 | 80 | 77 | 75 | 73 | 70 | 68 | 66 | 65 | 63 | 61 | 59 | 58 | 56 | 55 | 53 | 52 | 51 | 49 | 48 | 47 | |
| 460 | 100 | 96 | 93 | 90 | 87 | 84 | 81 | 79 | 77 | 74 | 72 | 70 | 68 | 66 | 64 | 62 | 61 | 59 | 57 | 56 | 55 | 53 | 52 | 51 | 49 | 48 | |
| 470 | 102 | 98 | 95 | 92 | 89 | 86 | 83 | 81 | 78 | 76 | 74 | 71 | 69 | 67 | 66 | 64 | 62 | 60 | 59 | 57 | 56 | 54 | 53 | 52 | 50 | 49 | |
| 480 | 104 | 100 | 97 | 94 | 91 | 88 | 85 | 82 | 80 | 77 | 75 | 73 | 71 | 69 | 67 | 65 | 63 | 62 | 60 | 58 | 57 | 55 | 54 | 53 | 51 | 50 | |
| 490 | 106 | 102 | 99 | 96 | 93 | 90 | 87 | 84 | 82 | 79 | 77 | 74 | 72 | 70 | 68 | 66 | 65 | 63 | 61 | 60 | 58 | 57 | 55 | 54 | 53 | 51 | |
| 500 | 108 | 104 | 101 | 98 | 94 | 91 | 89 | 86 | 83 | 81 | 78 | 76 | 74 | 72 | 70 | 68 | 66 | 64 | 62 | 61 | 59 | 58 | 56 | 55 | 54 | 52 | |
| 510 | 110 | 107 | 103 | 100 | 96 | 93 | 90 | 88 | 85 | 82 | 80 | 78 | 75 | 73 | 71 | 69 | 67 | 65 | 64 | 62 | 60 | 59 | 57 | 56 | 55 | 53 | |
| 520 | 113 | 109 | 105 | 102 | 98 | 95 | 92 | 89 | 87 | 84 | 81 | 79 | 77 | 75 | 73 | 71 | 69 | 67 | 65 | 63 | 62 | 60 | 59 | 57 | 56 | 54 | |
| 530 | 115 | 111 | 107 | 103 | 100 | 97 | 94 | 91 | 88 | 86 | 83 | 81 | 78 | 76 | 74 | 72 | 70 | 68 | 66 | 65 | 63 | 61 | 60 | 58 | 57 | 55 | |
| 540 | 117 | 113 | 109 | 105 | 102 | 99 | 96 | 93 | 90 | 87 | 85 | 82 | 80 | 77 | 75 | 73 | 71 | 69 | 67 | 66 | 64 | 62 | 61 | 59 | 58 | 56 | |
| 550 | 119 | 115 | 111 | 107 | 104 | 101 | 97 | 94 | 92 | 89 | 86 | 84 | 81 | 79 | 77 | 75 | 73 | 71 | 69 | 67 | 65 | 64 | 62 | 60 | 59 | 58 | |
| 560 | 121 | 117 | 113 | 109 | 106 | 102 | 99 | 96 | 93 | 90 | 88 | 85 | 83 | 80 | 78 | 76 | 74 | 72 | 70 | 68 | 66 | 65 | 63 | 62 | 60 | 59 | |
| 570 | 123 | 119 | 115 | 111 | 108 | 104 | 101 | 98 | 95 | 92 | 89 | 87 | 84 | 82 | 79 | 77 | 75 | 73 | 71 | 69 | 68 | 66 | 64 | 63 | 61 | 60 | |
| 580 | 125 | 121 | 117 | 113 | 110 | 106 | 103 | 100 | 97 | 94 | 91 | 88 | 86 | 83 | 81 | 79 | 77 | 74 | 72 | 71 | 69 | 67 | 65 | 64 | 62 | 61 | |
| 590 | 128 | 123 | 119 | 115 | 111 | 108 | 105 | 101 | 98 | 95 | 92 | 90 | 87 | 85 | 82 | 80 | 78 | 76 | 74 | 72 | 70 | 68 | 66 | 65 | 63 | 62 | |
| 600 | 130 | 125 | 121 | 117 | 113 | 110 | 106 | 103 | 100 | 97 | 94 | 91 | 89 | 86 | 84 | 81 | 79 | 77 | 75 | 73 | 71 | 69 | 68 | 66 | 64 | 63 | |



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