



Body Mass Index (BMI) Table

HEIGHT		WEIGHT IN POUNDS																					
	INCHES	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4' 10"	58	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50						
4' 11"	59	18	20	22	24	26	28	30	32	34	36	38	40	43	45	47	49	51					
5' 0"	60	18	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51				
5' 1"	61	17	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51			
5' 2"	62	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51		
5' 3"	63	16	18	20	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	
5' 4"	64	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5' 5"	65	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
5' 6"	66	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5' 7"	67	14	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47
5' 8"	68	14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5' 9"	69	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44
5' 10"	70	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
5' 11"	71		14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
6' 0"	72		14	15	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
6' 1"	73			15	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
6' 2"	74			14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
6' 3"	75				15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37
6' 4"	76				15	16	17	18	19	21	22	23	24	25	26	27	29	30	32	33	35	35	37
6' 5"	77					15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36
6' 6"	78					15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35
		Underweight									Normal					Overweight				Obese			

Extremely Obese

To Find Your BMI:

Find your height at the left and go across to the column that has your weight in pounds at the top. The number at the intersection of your height (row) and weight (column) is your BMI.