

# BMI CHART

Height (ft' in") 5'0" 5'2" 5'4" 5'6" 5'8" 5'10" 6'0" 6'2" 6'4" 6'6"  
 Height (inches) 60 62 64 66 68 70 72 74 76 78

BMI (kg/m2)

Weight (lbs)	BMI (kg/m2)										
	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"	
150	29.4	27.5	25.8	24.3	22.9	21.6	20.4	19.3	18.3	17.4	
160	31.3	29.3	27.5	25.9	24.4	23.0	21.7	20.6	19.5	18.5	
170	33.3	31.2	29.2	27.5	25.9	24.4	23.1	21.9	20.7	19.7	
180	35.2	33.0	31.0	29.1	27.4	25.9	24.5	23.2	22.0	20.8	
190	37.2	34.8	32.7	30.7	28.9	27.3	25.8	24.4	23.2	22.0	
200	39.1	36.7	34.4	32.3	30.5	28.8	27.2	25.7	24.4	23.2	
210	41.1	38.5	36.1	34.0	32.0	30.2	28.5	27.0	25.6	24.3	
220	43.1	40.3	37.8	35.6	33.5	31.6	29.9	28.3	26.8	25.5	
230	45.0	42.2	39.6	37.2	35.0	33.1	31.3	29.6	28.1	26.6	Overweight
240	47.0	44.0	41.3	38.8	36.6	34.5	32.6	30.9	29.3	27.8	
250	48.9	45.8	43.0	40.4	38.1	35.9	34.0	32.2	30.5	29.0	
260	50.9	47.7	44.7	42.1	39.6	37.4	35.3	33.5	31.7	30.1	
270	52.8	49.5	46.4	43.7	41.1	38.8	36.7	34.7	32.9	31.3	
280	54.8	51.3	48.2	45.3	42.7	40.3	38.1	36.0	34.2	32.4	
290	56.8	53.2	49.9	46.9	44.2	41.7	39.4	37.3	35.4	33.6	
300	58.7	55.0	51.6	48.5	45.7	43.1	40.8	38.6	36.6	34.7	Obese
310	60.7	56.8	53.3	50.1	47.2	44.6	42.1	39.9	37.8	35.9	
320	62.6	58.7	55.0	51.8	48.8	46.0	43.5	41.2	39.0	37.1	
330	64.6	60.5	56.8	53.4	50.3	47.4	44.8	42.5	40.3	38.2	
340	66.5	62.3	58.5	55.0	51.8	48.9	46.2	43.7	41.5	39.4	
350	68.5	64.1	60.2	56.6	53.3	50.3	47.6	45.0	42.7	40.5	Morbidly Obese
360	70.5	66.0	61.9	58.2	54.9	51.8	48.9	46.3	43.9	41.7	
370	72.4	67.8	63.6	59.8	56.4	53.2	50.3	47.6	45.1	42.8	
380	74.4	69.6	65.4	61.5	57.9	54.6	51.6	48.9	46.4	44.0	
390	76.3	71.5	67.1	63.1	59.4	56.1	53.0	50.2	47.6	45.2	
400	78.3	73.3	68.8	64.7	60.9	57.5	54.4	51.5	48.8	46.3	
410	80.2	75.1	70.5	66.3	62.5	59.0	55.7	52.8	50.0	47.5	