

# BODY MASS INDEX (BMI) REFERENCE CHART

Weight (lbs) vs. Height (ft/in)

**Underweight**  
< 18.5  
**Healthy**  
18.5 - 24.9  
**Overweight**  
25.0 - 29.9  
**Obese**  
30.0+

Height	Weight (Pounds)									
	100	120	140	160	180	200	220	240	260	280
<b>4' 10"</b>	20.9	25.1	29.3	33.4	37.6	41.8	46.0	50.2	54.3	58.5
<b>5' 0"</b>	19.5	23.4	27.3	31.2	35.2	39.1	43.0	46.9	50.8	54.7
<b>5' 2"</b>	18.3	21.9	25.6	29.3	32.9	36.6	40.2	43.9	47.6	51.2
<b>5' 4"</b>	17.2	20.6	24.0	27.5	30.9	34.3	37.8	41.2	44.6	48.1
<b>5' 6"</b>	16.1	19.4	22.6	25.8	29.1	32.3	35.5	38.7	42.0	45.2
<b>5' 8"</b>	15.2	18.2	21.3	24.3	27.4	30.4	33.5	36.5	39.5	42.6
<b>5' 10"</b>	14.3	17.2	20.1	23.0	25.8	28.7	31.6	34.4	37.3	40.2
<b>6' 0"</b>	13.6	16.3	19.0	21.7	24.4	27.1	29.8	32.5	35.3	38.0
<b>6' 2"</b>	12.8	15.4	18.0	20.5	23.1	25.7	28.2	30.8	33.4	35.9
<b>6' 4"</b>	12.2	14.6	17.0	19.5	21.9	24.4	26.8	29.2	31.7	34.1

BMI = (Weight in Pounds / (Height in inches x Height in inches)) x 703

Note: BMI is a screening tool and does not diagnose the health or body fat of an individual.