

BMI REFERENCE CHART (METRIC)

Weight (kg) / [Height (m)]²

BMI Range (kg/m ²)	Classification	Health Risk
Less than 18.5	Underweight	Increased
18.5 - 24.9	Normal Weight	Minimal
25.0 - 29.9	Overweight	Increased
30.0 - 34.9	Obesity (Class I)	High
35.0 - 39.9	Obesity (Class II)	Very High
40.0 or higher	Obesity (Class III)	Extremely High

Quick Reference Examples:

Height: 170cm (1.7m)
Normal Range: 53.5kg - 72.0kg

Height: 180cm (1.8m)
Normal Range: 60.0kg - 80.7kg

Important Note:

BMI is a general screening tool. It does not directly measure body fat and does not account for muscle mass, bone density, or overall body composition.