

## Body Mass Index (BMI) Reference Chart

BMI Range	Classification	Health Risk Focus
Below 18.5	Underweight	Nutritional deficiency risk
18.5 - 24.9	Healthy Weight	Low risk
25.0 - 29.9	Overweight	Increased cardiovascular risk
30.0 - 34.9	Obesity (Class I)	High risk
35.0 - 39.9	Obesity (Class II)	Very high risk
40.0 and above	Obesity (Class III)	Extremely high risk

**Metric Formula:**

$\text{Weight (kg)} / [\text{Height (m)}]^2$

**Imperial Formula:**

$703 \frac{\text{Weight (lbs)}}{[\text{Height (in)}]^2}$

**Note:** BMI is a screening tool, not a diagnostic of body fatness or health. It does not account for muscle mass, bone density, or overall body composition.