

# BMI CATEGORY REFERENCE

<b>BMI Range (kg/m<sup>2</sup>)</b>	<b>Category</b>
Less than 18.5	Underweight
18.5 - 24.9	Healthy Weight
25.0 - 29.9	Overweight
30.0 - 34.9	Obesity (Class I)
35.0 - 39.9	Obesity (Class II)
40.0 and Higher	Obesity (Class III)

Note: BMI is a screening tool, not a diagnostic of body fatness or health. Please consult a healthcare professional for a functional assessment.

[Print Chart](#)