

ADULT BODY MASS INDEX (BMI) CHART

Height	19-24 BMI (Healthy)	25-29 BMI (Overweight)	30-35 BMI (Obese)
5' 0"	97 - 123 lbs	128 - 148 lbs	153 - 179 lbs
5' 2"	104 - 131 lbs	136 - 158 lbs	164 - 191 lbs
5' 4"	110 - 140 lbs	145 - 169 lbs	174 - 204 lbs
5' 6"	118 - 148 lbs	155 - 180 lbs	186 - 216 lbs
5' 8"	125 - 158 lbs	164 - 191 lbs	197 - 230 lbs
5' 10"	132 - 167 lbs	174 - 202 lbs	209 - 243 lbs
6' 0"	140 - 177 lbs	184 - 213 lbs	221 - 258 lbs
6' 2"	148 - 186 lbs	194 - 225 lbs	233 - 272 lbs
6' 4"	156 - 197 lbs	205 - 238 lbs	246 - 287 lbs

Below 18.5: Underweight
18.5 - 24.9: Healthy Weight
25.0 - 29.9: Overweight
30.0 or Higher: Obese

Note: BMI is a screening tool, not a diagnostic of body fatness or health. Consult a healthcare provider for a professional medical evaluation.