

BMI SCORE REFERENCE CHART

Standard Adult Classification

BMI RANGE (KG/MÂ²)	CLASSIFICATION	HEALTH RISK LEVEL
Below 18.5	Underweight	Increased clinical risk
18.5 - 24.9	Normal Weight	Minimal risk
25.0 - 29.9	Overweight	Increased 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

Note: Body Mass Index (BMI) is a general screening tool and does not account for muscle mass, bone density, overall body composition, or ethnic variations. This chart is for reference only and should not replace professional medical advice.