

BODY MASS INDEX (BMI) TABLE

Standard Adult Reference Chart Unit: Weight (lbs) / Height (ft/in)

HEIGHT	WEIGHT IN POUNDS (LBS)							
	100	120	140	160	180	200	220	240
5' 0"	19.5	23.4	27.3	31.2	35.2	39.1	43.0	46.9
5' 3"	17.7	21.3	24.8	28.3	31.9	35.4	39.0	42.5
5' 6"	16.1	19.4	22.6	25.8	29.1	32.3	35.5	38.7
5' 9"	14.8	17.7	20.7	23.6	26.6	29.5	32.5	35.4
6' 0"	13.6	16.3	19.0	21.7	24.4	27.1	29.8	32.5
6' 3"	12.5	15.0	17.5	20.0	22.5	25.0	27.5	30.0

Underweight (<18.5)

Normal (18.5-24.9)

Overweight (25-29.9)

Obese (30+)

BMI is a screening tool, not a diagnostic of body fatness or health. Consult a medical professional for clinical assessment.