

# BMI Reference Chart

Body Mass Index classifications for adults

<b>BMI Range (kg/m<sup>2</sup>)</b>	<b>Classification</b>
Below 18.5	Underweight
18.5 - 24.9	Normal weight
25.0 - 29.9	Overweight
30.0 - 34.9	Obesity Class I
35.0 - 39.9	Obesity Class II
40.0 and Above	Obesity Class III