

# BMI RANGE CHART

<b>CLASSIFICATION</b>	<b>BMI RANGE (KG/M<sup>2</sup>)</b>
Underweight	< 18.5
Normal Weight	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III	≥ 40.0

*\* Note: Body Mass Index (BMI) is a simplified measurement and does not account for muscle mass, bone density, or overall body composition.*