

Body Mass Index (BMI) Chart

• KEY

A relative measure of body height to body weight, the **Body Mass Index (BMI)** is used to help determine whether a person is at a healthy weight, overweight or obese.

Individuals in a normal weight range usually have a BMI landing somewhere between 19 and 25. People who are mildly to moderately overweight (up to 40% above normal weight) have BMIs between 25 and 30. Obese individuals (more than 40% above normal weight) have BMIs over 30.

Please Note: Since the BMI is only a relative measurement of body weight to body height, it does not discriminate between the more muscular body and the over-fat body types. The BMI, therefore, should be used together with other body measurement and composition assessments that determine the amount of body weight composed of fat compared to fat-free (lean body) mass to determine how fit an individual is.

Source: Office of the Surgeon General

	healthy weight (below 25)
	overweight (25-29)
	obese (over 30)

height	weight in pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	21	22	24	25	26	28