

BODY MASS INDEX

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	22	23	24	25	26	28

Underweight

Healthy Weight

Overweight

Obese