

Body Mass Index Chart

Body mass index (BMI) is a measure of a person's body weight divided by their height. The resulting value is usually arranged into categories that give an approximation of a person's weight status. BMI does not account for variations in muscle mass or bone structure and should not be used as an indicator of an individual's health.

Green = Underweight • Black = Normal • Orange = Overweight • Red = Obese

Height Weight	60"	61"	62"	63"	64"	65"	66"	67"	68"	69"	70"	71"	72"	73"	74"	75"	76"	77"	78"	79"	80"	81"	82"	83"	84"
100 lbs.	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12	12	11	11	11	10	10	10
105 lbs.	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12	12	12	12	11	11	11	10
110 lbs.	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13	13	12	12	12	12	11	11
115 lbs.	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
120 lbs.	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	14	13	13	13	12	12
125 lbs.	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15	14	14	14	13	13	13	12
130 lbs.	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15	15	15	14	14	14	13	13
135 lbs.	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16	16	15	15	14	14	14	13
140 lbs.	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17	16	16	15	15	15	14	14
145 lbs.	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17	17	16	16	16	15	15	14
150 lbs.	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18	17	17	16	16	16	15	15
155 lbs.	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17	17	16	16	15
160 lbs.	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19	18	18	18	17	17	16	16
165 lbs.	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19	18	18	17	17	16
170 lbs.	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19	18	18	17	17
175 lbs.	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19	18	18	17
180 lbs.	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19	18	18
185 lbs.	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	21	20	20	19	19	18
190 lbs.	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23	22	21	21	20	20	19	19

195 lbs.	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23	23	22	21	21	20	20	19
200 lbs.	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24	23	23	22	21	21	20	20
205 lbs.	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24	24	23	23	22	21	21	20
210 lbs.	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25	24	24	23	23	22	21	21
215 lbs.	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25	25	24	24	23	22	22	21
220 lbs.	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	26	25	25	24	24	23	22	22
225 lbs.	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27	26	25	25	24	24	23	22
230 lbs.	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	25	25	24	23	23
235 lbs.	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	25	24	23
240 lbs.	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28	28	27	26	26	25	24	24
245 lbs.	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29	28	28	27	26	26	25	24
250 lbs.	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25
255 lbs.	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30	29	29	28	27	27	26	25
260 lbs.	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26
265 lbs.	52	50	48	47	45	44	43	42	40	39	38	37	36	35	34	33	32	31	31	30	29	28	28	27	26
270 lbs.	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	28	27
275 lbs.	54	52	50	49	47	46	44	43	42	41	39	38	37	36	35	34	33	33	32	31	30	29	29	28	27