



# Body Mass Index Table

$$\text{BMI} = \frac{\text{mass (lb)} \times 703}{(\text{height (in)})^2}$$

|                        |        | Weight (pounds) |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|------------------------|--------|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|                        |        | 90              | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 | 260 |
| Height (feet & inches) | 4' 10" | 19              | 21  | 23  | 25  | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  |
|                        | 4' 11" | 18              | 20  | 22  | 24  | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 51  | 53  |
|                        | 5'     | 18              | 20  | 22  | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  | 49  | 51  |
|                        | 5' 1"  | 17              | 19  | 21  | 23  | 25  | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45  | 48  | 50  |
|                        | 5' 2"  | 17              | 18  | 20  | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  | 46  | 48  |
|                        | 5' 3"  | 16              | 18  | 20  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 35  | 37  | 39  | 41  | 43  | 44  | 46  |
|                        | 5' 4"  | 15              | 17  | 19  | 21  | 22  | 24  | 26  | 28  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41  | 43  | 45  |
|                        | 5' 5"  | 15              | 17  | 18  | 20  | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40  | 43  | 45  |
|                        | 5' 6"  | 15              | 16  | 18  | 19  | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39  | 40  | 42  |
|                        | 5' 7"  | 14              | 16  | 17  | 19  | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38  | 39  | 41  |
|                        | 5' 8"  | 14              | 15  | 17  | 18  | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37  | 38  | 40  |
|                        | 5' 9"  | 13              | 15  | 16  | 18  | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 35  | 37  | 38  |
|                        | 5' 10" | 13              | 14  | 16  | 17  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 34  | 36  | 37  |
|                        | 5' 11" | 13              | 14  | 15  | 17  | 18  | 20  | 21  | 22  | 24  | 25  | 26  | 28  | 29  | 31  | 32  | 33  | 35  | 36  |
|                        | 6'     | 13              | 14  | 15  | 16  | 18  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 28  | 30  | 31  | 33  | 34  | 35  |
|                        | 6' 1"  | 12              | 13  | 15  | 16  | 17  | 18  | 20  | 21  | 22  | 24  | 25  | 26  | 28  | 29  | 30  | 32  | 33  | 34  |
|                        | 6' 2"  | 12              | 13  | 14  | 15  | 17  | 18  | 19  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 30  | 31  | 32  | 33  |
|                        | 6' 3"  | 11              | 13  | 14  | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 24  | 25  | 26  | 27  | 29  | 30  | 31  | 32  |
|                        | 6' 4"  | 11              | 12  | 13  | 15  | 16  | 17  | 18  | 20  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 29  | 30  | 32  |
| 6' 5"                  | 11     | 12              | 13  | 14  | 15  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 28  | 30  | 31  |     |
| 6' 6"                  | 10     | 12              | 13  | 14  | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 27  | 28  | 29  | 30  |     |

Underweight
  Normal
  Overweight
  Obese