

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

Refer to the chart below to compare your BMI.

		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