



BODY MASS INDEX (BMI) TABLE

Height	UNDERWEIGHT <i>(BMI 18.5 or less)</i>	NORMAL <i>(BMI 18.5–24.9)</i>	OVERWEIGHT <i>(BMI 25.0–29.9)</i>	OBESE <i>(BMI 30.0 or more)</i>
4' 10"	88 lbs. or less	89–119 lbs.	120–143 lbs.	144 lbs. or more
4' 11"	91 lbs. or less	92–123 lbs.	124–148 lbs.	149 lbs. or more
5' 0"	94 lbs. or less	95–127 lbs.	128–153 lbs.	154 lbs. or more
5' 1"	97 lbs. or less	98–132 lbs.	133–158 lbs.	159 lbs. or more
5' 2"	100 lbs. or less	101–136 lbs.	137–163 lbs.	164 lbs. or more
5' 3"	104 lbs. or less	105–140 lbs.	141–169 lbs.	170 lbs. or more
5' 4"	108 lbs. or less	109–145 lbs.	146–174 lbs.	175 lbs. or more
5' 5"	111 lbs. or less	112–149 lbs.	150–179 lbs.	180 lbs. or more
5' 6"	114 lbs. or less	115–154 lbs.	155–185 lbs.	186 lbs. or more
5' 7"	117 lbs. or less	118–159 lbs.	160–191 lbs.	192 lbs. or more
5' 8"	121 lbs. or less	122–164 lbs.	165–196 lbs.	197 lbs. or more
5' 9"	124 lbs. or less	125–168 lbs.	169–202 lbs.	203 lbs. or more
5' 10"	128 lbs. or less	129–173 lbs.	174–208 lbs.	209 lbs. or more
5' 11"	132 lbs. or less	133–178 lbs.	179–214 lbs.	215 lbs. or more
6' 0"	136 lbs. or less	137–183 lbs.	184–220 lbs.	221 lbs. or more
6' 1"	139 lbs. or less	140–189 lbs.	190–227 lbs.	228 lbs. or more
6' 2"	143 lbs. or less	144–194 lbs.	195–233 lbs.	234 lbs. or more
6' 3"	147 lbs. or less	148–199 lbs.	200–239 lbs.	240 lbs. or more
6' 4"	151 lbs. or less	152–204 lbs.	205–246 lbs.	247 lbs. or more
6' 5"	156 lbs. or less	157–210 lbs.	211–252 lbs.	253 lbs. or more