

Body Mass Index Chart

Note: The BMI does not take into account the difference between lean and fat body mass. Therefore, it is possible for a healthy, muscular individual with very low body fat to be classified as overweight or obese using the BMI formula.

BMI for patients weighing 100–145 lb

		Height (in)																			
		58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	
Weight (lb)	100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	1	Underweight (BMI <19)
	105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	1	Normal Weight (BMI 19–24)
	110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	1	Overweight (BMI 25–29)
	115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	1	Obesity Class I (BMI 30–34)
	120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	1	Obesity Class II (BMI 35–39)
	125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	1	Obesity Class III (BMI ≥40)
	130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	1	
	135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	1	
	140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	1	
	145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	1	

BMI for patients weighing 150–195 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	1
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	1
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	2
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	2
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	2
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	2
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	2
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	2
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	2
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	2

Underweight (BMI <19)
Normal Weight (BMI 19–24)
Overweight (BMI 25–29)
Obesity Class I (BMI 30–34)
Obesity Class II (BMI 35–39)
Obesity Class III (BMI ≥40)

BMI for patients weighing 200–245 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	2
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	2
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	2
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	2
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	2
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	2
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	2
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	2
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	2
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	3

Underweight (BMI <19)
Normal Weight (BMI 19–24)
Overweight (BMI 25–29)
Obesity Class I (BMI 30–34)
Obesity Class II (BMI 35–39)
Obesity Class III (BMI ≥40)

BMI for patients weighing 250–295 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49	47	46	44	43	42	41	40	38	37	36	35	34	33
280	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34
285	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35
290	61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37	36	35
295	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36

- Underweight (BMI <19)
- Normal Weight (BMI 19–24)
- Overweight (BMI 25–29)
- Obesity Class I (BMI 30–34)
- Obesity Class II (BMI 35–39)
- Obesity Class III (BMI ≥40)

BMI for patients weighing 300–345 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
300	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37
305	64	62	60	58	56	54	52	51	49	48	46	45	44	43	41	40	39	38	37
310	65	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38
315	66	64	62	60	58	56	54	52	51	49	48	47	45	44	43	42	40	39	38
320	67	65	62	60	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39
325	68	66	63	61	59	58	56	54	52	51	49	48	47	45	44	43	42	41	40
330	69	67	64	62	60	58	57	55	53	52	50	49	47	46	45	44	42	41	40
335	70	68	65	63	61	59	58	56	54	52	51	49	48	47	45	44	43	42	41
340	71	69	66	64	62	60	58	57	55	53	52	50	49	47	46	45	44	42	41
345	72	70	67	65	63	61	59	57	56	54	52	51	50	48	47	46	44	43	42

- Underweight (BMI <19)
- Normal Weight (BMI 19–24)
- Overweight (BMI 25–29)
- Obesity Class I (BMI 30–34)
- Obesity Class II (BMI 35–39)
- Obesity Class III (BMI ≥40)

BMI for patients weighing 350–400 lb

Height (in)

	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight (lb) 350	73	71	68	66	64	62	60	58	56	55	53	52	50	49	47	46	45	44	43
355	74	72	69	67	65	63	61	59	57	56	54	52	51	50	48	47	46	44	43
360	75	73	70	68	66	64	62	60	58	56	55	53	52	50	49	47	46	45	44
365	76	74	71	69	67	65	63	61	59	57	55	54	52	51	50	48	47	46	44
370	77	75	72	70	68	66	64	62	60	58	56	55	53	52	50	49	48	46	45
375	78	76	73	71	69	66	64	62	61	59	57	55	54	52	51	49	48	47	46
380	79	77	74	72	70	67	65	63	61	60	58	56	55	53	52	50	49	47	46
385	80	78	75	73	70	68	66	64	62	60	59	57	55	54	52	51	49	48	47
390	82	79	76	74	71	69	67	65	63	61	59	58	56	54	53	51	50	49	47
395	83	80	77	75	72	70	68	66	64	62	60	58	57	55	54	52	51	49	48
400	84	81	78	76	73	71	69	67	65	63	61	59	57	56	54	53	51	50	49

Underweight (BMI <19)

Normal Weight (BMI 19–24)

Overweight (BMI 25–29)

Obesity Class I (BMI 30–34)

Obesity Class II (BMI 35–39)

Obesity Class III (BMI ≥40)