

Height		WEIGHT IN POUNDS																					
Feet	inches	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4'10"	58	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50						
4'11"	59	18	20	22	24	26	28	30	32	34	36	38	40	43	45	47	49	51					
5'0"	60	18	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51				
5'1"	61	17	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51			
5'2"	62	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51		
5'3"	63	16	18	20	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	
5'4"	64	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5'5"	65	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
5'6"	66	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5'7"	67	14	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47
5'8"	68	14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5'9"	69		15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44
5'10"	70			16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
5'11"	71				17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
6'0"	72					18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
6'1"	73						19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40

**To find your body mass index, or BMI:**

Find your height at the left and go across to the column that has your weight in pounds (in red) at the top.

The number at the intersection of your height (row) and weight (column) is your BMI.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 - 39.9	Obese
40 and above	Extremely Obese