


# BODY MASS INDEX


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


Weight (pounds)

	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4' 10"	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	60	63
4' 11"	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59	61
5'	18	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
5' 1"	17	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	48	50	51	53	55	57
5' 2"	17	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	50	51	53	55
5' 3"	16	18	20	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53
5' 4"	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5' 5"	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	43	45	46	47	48	50
5' 6"	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	45	47	48	50
5' 7"	14	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	45	47
5' 8"	14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5' 9"	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43	44
5' 10"	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43
5' 11"	13	14	15	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42
6'	13	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41
6' 1"	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
6' 2"	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
6' 3"	11	13	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37
6' 4"	11	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37
6' 5"	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36
6' 6"	10	12	13	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35

 UNDERWEIGHT  
under 18.5

 NORMAL  
18.5 to 24.9

 OVERWEIGHT  
24.9 to 29.9

 OBESE  
above 30



AMERICAN BOARD  
OF COSMETIC SURGERY