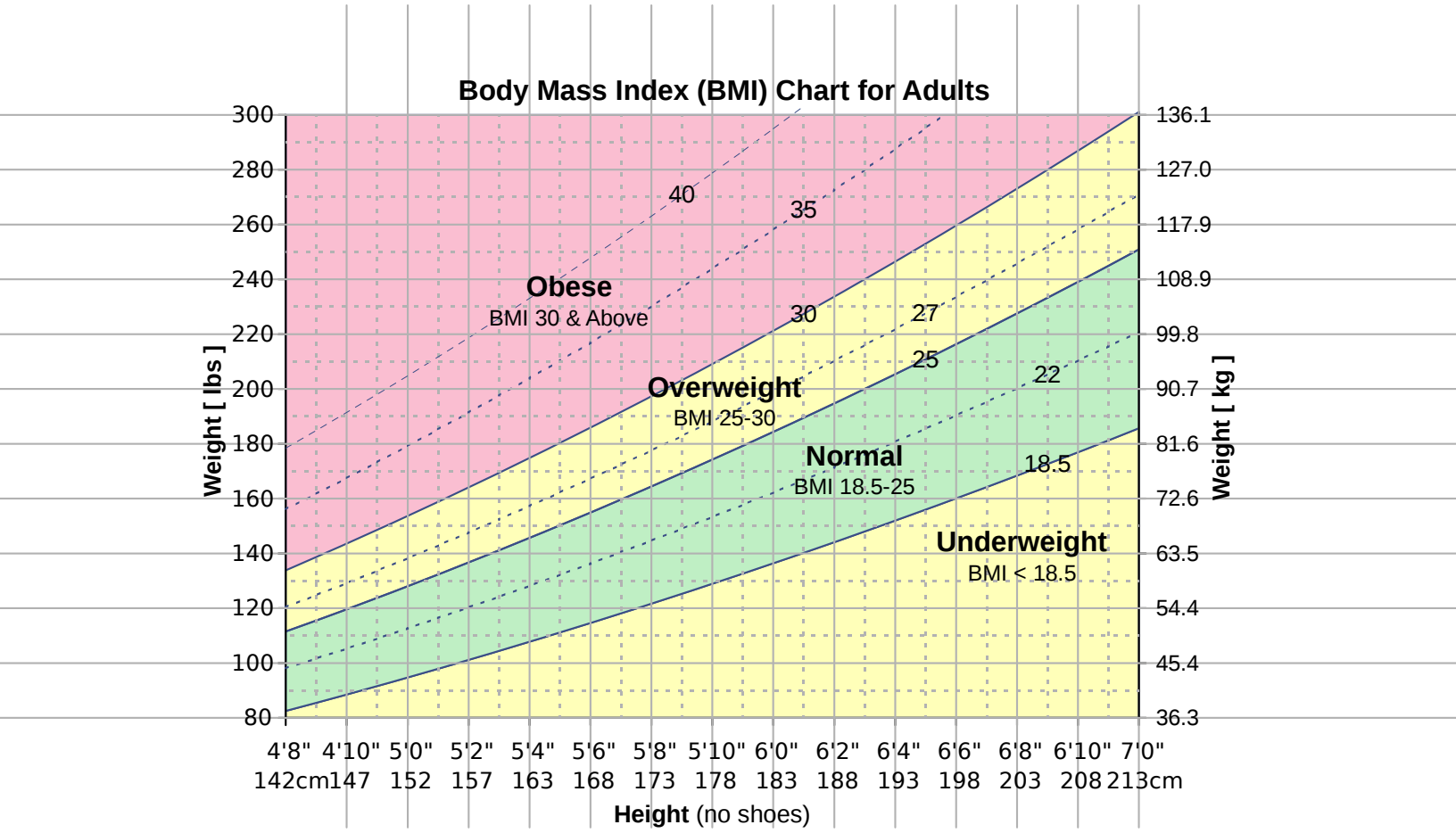
Body Mass Index (BMI) Chart for Adults
Obese
BMI 30 & Above
Overweight
BMI 25-30
Normal
BMI 18.5-25
Underweight
BMI < 18.5
40
35
30
27
25
22
18.5
Weight [lbs]
300
280
260
240
220
200
180
160
140
120
100
80
Weight [kg]
136.1
127.0
117.9
108.9
99.8
90.7
81.6
72.6
63.5
54.4
45.4
36.3
4'8" 142cm
4'10" 147
5'0" 152
5'2" 157
5'4" 163
5'6" 168
5'8" 173
5'10" 178
6'0" 183
6'2" 188
6'4" 193
6'6" 198
6'8" 203
6'10" 208
7'0" 213cm
Height (no shoes)