

BMI Chart (4ft tall)

Under Weight	Healthy Weight	Overweight	Obese
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		Height (in inches)										
Weight	48	49	50	51	52	53	54	55	56	57	58	59
75	22.9	22.0	21.1	20.3	19.5	18.8	18.1	17.4	16.8	16.2	15.7	15.1
76	23.2	22.3	21.4	20.5	19.8	19.0	18.3	17.7	17.0	16.4	15.9	15.3
77	23.5	22.5	21.7	20.8	20.0	19.3	18.6	17.9	17.3	16.7	16.1	15.6
78	23.8	22.8	21.9	21.1	20.3	19.5	18.8	18.1	17.5	16.9	16.3	15.8
79	24.1	23.1	22.2	21.4	20.5	19.8	19.0	18.4	17.7	17.1	16.5	16.0
80	24.4	23.4	22.5	21.6	20.8	20.0	19.3	18.6	17.9	17.3	16.7	16.2
81	24.7	23.7	22.8	21.9	21.1	20.3	19.5	18.8	18.2	17.5	16.9	16.4
82	25.0	24.0	23.1	22.2	21.3	20.5	19.8	19.1	18.4	17.7	17.1	16.6
83	25.3	24.3	23.3	22.4	21.6	20.8	20.0	19.3	18.6	18.0	17.3	16.8
84	25.6	24.6	23.6	22.7	21.8	21.0	20.3	19.5	18.8	18.2	17.6	17.0
85	25.9	24.9	23.9	23.0	22.1	21.3	20.5	19.8	19.1	18.4	17.8	17.2
86	26.2	25.2	24.2	23.2	22.4	21.5	20.7	20.0	19.3	18.6	18.0	17.4
87	26.5	25.5	24.5	23.5	22.6	21.8	21.0	20.2	19.5	18.8	18.2	17.6
88	26.9	25.8	24.7	23.8	22.9	22.0	21.2	20.5	19.7	19.0	18.4	17.8
89	27.2	26.1	25.0	24.1	23.1	22.3	21.5	20.7	20.0	19.3	18.6	18.0
90	27.5	26.4	25.3	24.3	23.4	22.5	21.7	20.9	20.2	19.5	18.8	18.2
91	27.8	26.6	25.5	24.6	23.7	22.8	21.9	21.1	20.4	19.7	19.0	18.4
92	28.1	26.9	25.9	24.9	23.9	23.0	22.2	21.4	20.6	19.9	19.2	18.6
93	28.4	27.2	26.2	25.1	24.2	23.3	22.4	21.6	20.8	20.1	19.4	18.8
94	28.7	27.5	26.4	25.4	24.4	23.5	22.7	21.8	21.1	20.3	19.6	19.0
95	29.0	27.8	26.7	25.7	24.7	23.8	22.9	22.1	21.3	20.6	19.9	19.2
96	29.3	28.1	27.0	25.9	25.0	24.0	23.1	22.3	21.5	20.8	20.1	19.4
97	29.6	28.4	27.3	26.2	25.2	24.3	23.4	22.5	21.7	21.0	20.3	19.6
98	29.9	28.7	27.6	26.5	25.5	24.5	23.6	22.8	22.0	21.2	20.5	19.8
99	30.2	29.0	27.8	26.8	25.7	24.8	23.9	23.0	22.2	21.4	20.7	20.0
100	30.5	29.3	28.1	27.0	26.0	25.0	24.1	23.2	22.4	21.6	20.9	20.2
101	30.8	29.6	28.4	27.3	26.3	25.3	24.3	23.5	22.6	21.9	21.1	20.4
102	31.1	29.9	28.7	27.6	26.5	25.5	24.6	23.7	22.9	22.1	21.3	20.6
103	31.4	30.2	29.0	27.8	26.8	25.8	24.8	23.9	23.1	22.3	21.5	20.8
104	31.7	30.5	29.2	28.1	27.0	26.0	25.1	24.2	23.3	22.5	21.7	21.0
105	32.0	30.7	29.5	28.4	27.3	26.3	25.3	24.4	23.5	22.7	21.9	21.2
106	32.3	31.0	29.8	28.6	27.6	26.5	25.6	24.6	23.8	22.9	22.2	21.4
107	32.6	31.3	30.1	28.9	27.8	26.8	25.8	24.9	24.0	23.2	22.4	21.6
108	33.0	31.6	30.4	29.2	28.1	27.0	26.0	25.1	24.2	23.4	22.6	21.8
109	33.3	31.9	30.7	29.5	28.3	27.3	26.3	25.3	24.4	23.6	22.8	22.0
110	33.6	32.2	30.9	29.7	28.6	27.5	26.5	25.6	24.7	23.8	23.0	22.2
111	33.9	32.5	31.2	30.0	28.9	27.8	26.8	25.8	24.9	24.0	23.2	22.4
112	34.2	32.8	31.5	30.3	29.1	28.0	27.0	26.0	25.1	24.2	23.4	22.6
113	34.5	33.1	31.8	30.5	29.4	28.3	27.2	26.3	25.3	24.5	23.6	22.8
114	34.8	33.4	32.1	30.8	29.6	28.5	27.5	26.5	25.6	24.7	23.8	23.0
115	35.1	33.7	32.3	31.1	29.9	28.8	27.7	26.7	25.8	24.9	24.0	23.2
116	35.4	34.0	32.6	31.4	30.2	29.0	28.0	27.0	26.0	25.1	24.2	23.4
117	35.7	34.3	32.9	31.6	30.4	29.3	28.2	27.2	26.2	25.3	24.5	23.6
118	36.0	34.5	33.2	31.9	30.7	29.5	28.4	27.4	26.5	25.5	24.7	23.8
119	36.3	34.8	33.5	32.2	30.9	29.8	28.7	27.7	26.7	25.7	24.9	24.0
120	36.6	35.1	33.7	32.4	31.2	30.0	28.9	27.9	26.9	26.0	25.1	24.2
121	36.9	35.4	34.0	32.7	31.5	30.3	29.2	28.1	27.1	26.2	25.3	24.4
122	37.2	35.7	34.3	33.0	31.7	30.5	29.4	28.4	27.3	26.4	25.5	24.6
123	37.5	36.0	34.6	33.2	32.0	30.8	29.7	28.6	27.6	26.6	25.7	24.8
124	37.8	36.3	34.9	33.5	32.2	31.0	29.9	28.8	27.8	26.8	25.9	25.0

		Height (in inches)										
Weight	48	49	50	51	52	53	54	55	56	57	58	59
125	38.1	36.6	35.2	33.8	32.5	31.3	30.1	29.0	28.0	27.0	26.1	25.2
126	38.4	36.9	35.4	34.1	32.8	31.5	30.4	29.3	28.2	27.3	26.3	25.4
127	38.8	37.2	35.7	34.3	33.0	31.8	30.6	29.5	28.5	27.5	26.5	25.6
128	39.1	37.5	36.0	34.6	33.3	32.0	30.9	29.7	28.7	27.7	26.7	25.9
129	39.4	37.8	36.3	34.9	33.5	32.3	31.1	30.0	28.9	27.9	27.0	26.1
130	39.7	38.1	36.6	35.1	33.8	32.5	31.3	30.2	29.1	28.1	27.2	26.3
131	40.0	38.4	36.8	35.4	34.1	32.8	31.6	30.4	29.4	28.3	27.4	26.5
132	40.3	38.6	37.1	35.7	34.3	33.0	31.8	30.7	29.6	28.6	27.6	26.7
133	40.6	38.9	37.4	35.9	34.6	33.3	32.1	30.9	29.8	28.8	27.8	26.9
134	40.9	39.2	37.7	36.2	34.8	33.5	32.3	31.1	30.0	29.0	28.0	27.1
135	41.2	39.5	38.0	36.5	35.1	33.8	32.5	31.4	30.3	29.2	28.2	27.3
136	41.5	39.8	38.2	36.8	35.4	34.0	32.8	31.6	30.5	29.4	28.4	27.5
137	41.8	40.1	38.5	37.0	35.6	34.3	33.0	31.8	30.7	29.6	28.6	27.7
138	42.1	40.4	38.8	37.3	35.9	34.5	33.3	32.1	30.9	29.9	28.8	27.9
139	42.4	40.7	39.1	37.6	36.1	34.8	33.5	32.3	31.2	30.1	29.0	28.1
140	42.7	41.0	39.4	37.8	36.4	35.0	33.8	32.5	31.4	30.3	29.3	28.3
141	43.0	41.3	39.6	38.1	36.7	35.3	34.0	32.8	31.6	30.5	29.5	28.5
142	43.3	41.6	39.9	38.4	36.9	35.5	34.2	33.0	31.8	30.7	29.7	28.7
143	43.6	41.9	40.2	38.7	37.2	35.8	34.5	33.2	32.1	30.9	29.9	28.9
144	43.9	42.2	40.5	38.9	37.4	36.0	34.7	33.5	32.3	31.2	30.1	29.1
145	44.2	42.5	40.8	39.2	37.7	36.3	35.0	33.7	32.5	31.4	30.3	29.3
146	44.5	42.7	41.1	39.5	38.0	36.5	35.2	33.9	32.7	31.6	30.5	29.5
147	44.9	43.0	41.3	39.7	38.2	36.8	35.4	34.2	33.0	31.8	30.7	29.7
148	45.2	43.3	41.6	40.0	38.5	37.0	35.7	34.4	33.2	32.0	30.9	29.9
149	45.5	43.6	41.9	40.3	38.7	37.3	35.9	34.6	33.4	32.2	31.1	30.1
150	45.8	43.9	42.2	40.5	39.0	37.5	36.2	34.9	33.6	32.5	31.3	30.3
151	46.1	44.2	42.5	40.8	39.3	37.8	36.4	35.1	33.8	32.7	31.6	30.5
152	46.4	44.5	42.7	41.1	39.5	38.0	36.6	35.3	34.1	32.9	31.8	30.7
153	46.7	44.8	43.0	41.4	39.8	38.3	36.9	35.6	34.3	33.1	32.0	30.9
154	47.0	45.1	43.3	41.6	40.0	38.5	37.1	35.8	34.5	33.3	32.2	31.1
155	47.3	45.4	43.6	41.9	40.3	38.8	37.4	36.0	34.7	33.5	32.4	31.3
156	47.6	45.7	43.9	42.2	40.6	39.0	37.6	36.3	35.0	33.8	32.6	31.5
157	47.9	46.0	44.1	42.4	40.8	39.3	37.9	36.5	35.2	34.0	32.8	31.7
158	48.2	46.3	44.4	42.7	41.1	39.5	38.1	36.7	35.4	34.2	33.0	31.9
159	48.5	46.6	44.7	43.0	41.3	39.8	38.3	37.0	35.6	34.4	33.2	32.1
160	48.8	46.8	45.0	43.2	41.6	40.0	38.6	37.2	35.9	34.6	33.4	32.3
161	49.1	47.1	45.3	43.5	41.9	40.3	38.8	37.4	36.1	34.8	33.6	32.5
162	49.4	47.4	45.6	43.8	42.1	40.5	39.1	37.6	36.3	35.1	33.9	32.7
163	49.7	47.7	45.8	44.1	42.4	40.8	39.3	37.9	36.5	35.3	34.1	32.9
164	50.0	48.0	46.1	44.3	42.6	41.0	39.5	38.1	36.8	35.5	34.3	33.1
165	50.3	48.3	46.4	44.6	42.9	41.3	39.8	38.3	37.0	35.7	34.5	33.3
166	50.7	48.6	46.7	44.9	43.2	41.5	40.0	38.6	37.2	35.9	34.7	33.5
167	51.0	48.9	47.0	45.1	43.4	41.8	40.3	38.8	37.4	36.1	34.9	33.7
168	51.3	49.2	47.2	45.4	43.7	42.0	40.5	39.0	37.7	36.4	35.1	33.9
169	51.6	49.5	47.5	45.7	43.9	42.3	40.7	39.3	37.9	36.6	35.3	34.1
170	51.9	49.8	47.8	45.9	44.2	42.5	41.0	39.5	38.1	36.8	35.5	34.3
171	52.2	50.1	48.1	46.2	44.5	42.8	41.2	39.7	38.3	37.0	35.7	34.5
172	52.5	50.4	48.4	46.5	44.7	43.0	41.5	40.0	38.6	37.2	35.9	34.7