

BMI Chart (5 ft tall)

Under Weight	Healthy Weight	Overweight	Obese
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Weight	Height (in inches)											
	60	61	62	63	64	65	66	67	68	69	70	71
115	22.5	21.7	21.0	20.4	19.7	19.1	18.6	18.0	17.5	17.0	16.5	16.0
116	22.7	21.9	21.2	20.5	19.9	19.3	18.7	18.2	17.6	17.1	16.6	16.2
117	22.8	22.1	21.4	20.7	20.1	19.5	18.9	18.3	17.8	17.3	16.8	16.3
118	23.0	22.3	21.6	20.9	20.3	19.6	19.0	18.5	17.9	17.4	16.9	16.5
119	23.2	22.5	21.8	21.1	20.4	19.8	19.2	18.6	18.1	17.6	17.1	16.6
120	23.4	22.7	21.9	21.3	20.6	20.0	19.4	18.8	18.2	17.7	17.2	16.7
121	23.6	22.9	22.1	21.4	20.8	20.1	19.5	18.9	18.4	17.9	17.4	16.9
122	23.8	23.0	22.3	21.6	20.9	20.3	19.7	19.1	18.5	18.0	17.5	17.0
123	24.0	23.2	22.5	21.8	21.1	20.5	19.9	19.3	18.7	18.2	17.6	17.2
124	24.2	23.4	22.7	22.0	21.3	20.6	20.0	19.4	18.9	18.3	17.8	17.3
125	24.4	23.6	22.9	22.1	21.5	20.8	20.2	19.6	19.0	18.5	17.9	17.4
126	24.6	23.8	23.0	22.3	21.6	21.0	20.3	19.7	19.2	18.6	18.1	17.6
127	24.8	24.0	23.2	22.5	21.8	21.1	20.5	19.9	19.3	18.8	18.2	17.7
128	25.0	24.2	23.4	22.7	22.0	21.3	20.7	20.0	19.5	18.9	18.4	17.9
129	25.2	24.4	23.6	22.8	22.1	21.5	20.8	20.2	19.6	19.0	18.5	18.0
130	25.4	24.6	23.8	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7	18.1
131	25.6	24.7	24.0	23.2	22.5	21.8	21.1	20.5	19.9	19.3	18.8	18.3
132	25.8	24.9	24.1	23.4	22.7	22.0	21.3	20.7	20.1	19.5	18.9	18.4
133	26.0	25.1	24.3	23.6	22.8	22.1	21.5	20.8	20.2	19.6	19.1	18.5
134	26.2	25.3	24.5	23.7	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7
135	26.4	25.5	24.7	23.9	23.2	22.5	21.8	21.1	20.5	19.9	19.4	18.8
136	26.6	25.7	24.9	24.1	23.3	22.6	21.9	21.3	20.7	20.1	19.5	19.0
137	26.8	25.9	25.1	24.3	23.5	22.8	22.1	21.5	20.8	20.2	19.7	19.1
138	26.9	26.1	25.2	24.4	23.7	23.0	22.3	21.6	21.0	20.4	19.8	19.2
139	27.1	26.3	25.4	24.6	23.9	23.1	22.4	21.8	21.1	20.5	19.9	19.4
140	27.3	26.4	25.6	24.8	24.0	23.3	22.6	21.9	21.3	20.7	20.1	19.5
141	27.5	26.6	25.8	25.0	24.2	23.5	22.8	22.1	21.4	20.8	20.2	19.7
142	27.7	26.8	26.0	25.2	24.4	23.6	22.9	22.2	21.6	21.0	20.4	19.8
143	27.9	27.0	26.2	25.3	24.5	23.8	23.1	22.4	21.7	21.1	20.5	19.9
144	28.1	27.2	26.3	25.5	24.7	24.0	23.2	22.6	21.9	21.3	20.7	20.1
145	28.3	27.4	26.5	25.7	24.9	24.1	23.4	22.7	22.0	21.4	20.8	20.2
146	28.5	27.6	26.7	25.9	25.1	24.3	23.6	22.9	22.2	21.6	20.9	20.4
147	28.7	27.8	26.9	26.0	25.2	24.5	23.7	23.0	22.3	21.7	21.1	20.5
148	28.9	28.0	27.1	26.2	25.4	24.6	23.9	23.2	22.5	21.9	21.2	20.6
149	29.1	28.2	27.2	26.4	25.6	24.8	24.0	23.3	22.7	22.0	21.4	20.8
150	29.3	28.3	27.4	26.6	25.7	25.0	24.2	23.5	22.8	22.1	21.5	20.9
151	29.5	28.5	27.6	26.7	25.9	25.1	24.4	23.6	23.0	22.3	21.7	21.1
152	29.7	28.7	27.8	26.9	26.1	25.3	24.5	23.8	23.1	22.4	21.8	21.2
153	29.9	28.9	28.0	27.1	26.3	25.5	24.7	24.0	23.3	22.6	22.0	21.3
154	30.1	29.1	28.2	27.3	26.4	25.6	24.9	24.1	23.4	22.7	22.1	21.5
155	30.3	29.3	28.3	27.5	26.6	25.8	25.0	24.3	23.6	22.9	22.2	21.6
156	30.5	29.5	28.5	27.6	26.8	26.0	25.2	24.4	23.7	23.0	22.4	21.8
157	30.7	29.7	28.7	27.8	26.9	26.1	25.3	24.6	23.9	23.2	22.5	21.9
158	30.9	29.9	28.9	28.0	27.1	26.3	25.5	24.7	24.0	23.3	22.7	22.0
159	31.0	30.0	29.1	28.2	27.3	26.5	25.7	24.9	24.2	23.5	22.8	22.2
160	31.2	30.2	29.3	28.3	27.5	26.6	25.8	25.1	24.3	23.6	23.0	22.3
161	31.4	30.4	29.4	28.5	27.6	26.8	26.0	25.2	24.5	23.8	23.1	22.5
162	31.6	30.6	29.6	28.7	27.8	27.0	26.1	25.4	24.6	23.9	23.2	22.6
163	31.8	30.8	29.8	28.9	28.0	27.1	26.3	25.5	24.8	24.1	23.4	22.7

Weight	Height (in inches)											
	60	61	62	63	64	65	66	67	68	69	70	71
164	32.0	31.0	30.0	29.0	28.1	27.3	26.5	25.7	24.9	24.2	23.5	22.9
165	32.2	31.2	30.2	29.2	28.3	27.5	26.6	25.8	25.1	24.4	23.7	23.0
166	32.4	31.4	30.4	29.4	28.5	27.6	26.8	26.0	25.2	24.5	23.8	23.1
167	32.6	31.6	30.5	29.6	28.7	27.8	27.0	26.2	25.4	24.7	24.0	23.3
168	32.8	31.7	30.7	29.8	28.8	28.0	27.1	26.3	25.5	24.8	24.1	23.4
169	33.0	31.9	30.9	29.9	29.0	28.1	27.3	26.5	25.7	25.0	24.2	23.6
170	33.2	32.1	31.1	30.1	29.2	28.3	27.4	26.6	25.8	25.1	24.4	23.7
171	33.4	32.3	31.3	30.3	29.3	28.5	27.6	26.8	26.0	25.2	24.5	23.8
172	33.6	32.5	31.5	30.5	29.5	28.6	27.8	26.9	26.1	25.4	24.7	24.0
173	33.8	32.7	31.6	30.6	29.7	28.8	27.9	27.1	26.3	25.5	24.8	24.1
174	34.0	32.9	31.8	30.8	29.9	29.0	28.1	27.2	26.5	25.7	25.0	24.3
175	34.2	33.1	32.0	31.0	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4
176	34.4	33.3	32.2	31.2	30.2	29.3	28.4	27.6	26.8	26.0	25.3	24.5
177	34.6	33.4	32.4	31.4	30.4	29.5	28.6	27.7	26.9	26.1	25.4	24.7
178	34.8	33.6	32.6	31.5	30.6	29.6	28.7	27.9	27.1	26.3	25.5	24.8
179	35.0	33.8	32.7	31.7	30.7	29.8	28.9	28.0	27.2	26.4	25.7	25.0
180	35.2	34.0	32.9	31.9	30.9	30.0	29.0	28.2	27.4	26.6	25.8	25.1
181	35.3	34.2	33.1	32.1	31.1	30.1	29.2	28.3	27.5	26.7	26.0	25.2
182	35.5	34.4	33.3	32.2	31.2	30.3	29.4	28.5	27.7	26.9	26.1	25.4
183	35.7	34.6	33.5	32.4	31.4	30.4	29.5	28.7	27.8	27.0	26.3	25.5
184	35.9	34.8	33.7	32.6	31.6	30.6	29.7	28.8	28.0	27.2	26.4	25.7
185	36.1	35.0	33.8	32.8	31.8	30.8	29.9	29.0	28.1	27.3	26.5	25.8
186	36.3	35.1	34.0	32.9	31.9	30.9	30.0	29.1	28.3	27.5	26.7	25.9
187	36.5	35.3	34.2	33.1	32.1	31.1	30.2	29.3	28.4	27.6	26.8	26.1
188	36.7	35.5	34.4	33.3	32.3	31.3	30.3	29.4	28.6	27.8	27.0	26.2
189	36.9	35.7	34.6	33.5	32.4	31.4	30.5	29.6	28.7	27.9	27.1	26.4
190	37.1	35.9	34.7	33.7	32.6	31.6	30.7	29.8	28.9	28.1	27.3	26.5
191	37.3	36.1	34.9	33.8	32.8	31.8	30.8	29.9	29.0	28.2	27.4	26.6
192	37.5	36.3	35.1	34.0	33.0	31.9	31.0	30.1	29.2	28.4	27.5	26.8
193	37.7	36.5	35.3	34.2	33.1	32.1	31.1	30.2	29.3	28.5	27.7	26.9
194	37.9	36.7	35.5	34.4	33.3	32.3	31.3	30.4	29.5	28.6	27.8	27.1
195	38.1	36.8	35.7	34.5	33.5	32.4	31.5	30.5	29.6	28.8	28.0	27.2
196	38.3	37.0	35.8	34.7	33.6	32.6	31.6	30.7	29.8	28.9	28.1	27.3
197	38.5	37.2	36.0	34.9	33.8	32.8	31.8	30.9	30.0	29.1	28.3	27.5
198	38.7	37.4	36.2	35.1	34.0	32.9	32.0	31.0	30.1	29.2	28.4	27.6
199	38.9	37.6	36.4	35.2	34.2	33.1	32.1	31.2	30.3	29.4	28.6	27.8
200	39.1	37.8	36.6	35.4	34.3	33.3	32.3	31.3	30.4	29.5	28.7	27.9
201	39.3	38.0	36.8	35.6	34.5	33.4	32.4	31.5	30.6	29.7	28.8	28.0
202	39.4	38.2	36.9	35.8	34.7	33.6	32.6	31.6	30.7	29.8	29.0	28.2
203	39.6	38.4	37.1	36.0	34.8	33.8	32.8	31.8	30.9	30.0	29.1	28.3
204	39.8	38.5	37.3	36.1	35.0	33.9	32.9	31.9	31.0	30.1	29.3	28.4
205	40.0	38.7	37.5	36.3	35.2	34.1	33.1	32.1	31.2	30.3	29.4	28.6
206	40.2	38.9	37.7	36.5	35.4	34.3	33.2	32.3	31.3	30.4	29.6	28.7
207	40.4	39.1	37.9	36.7	35.5	34.4	33.4	32.4	31.5	30.6	29.7	28.9
208	40.6	39.3	38.0	36.8	35.7	34.6	33.6	32.6	31.6	30.7	29.8	29.0
209	40.8	39.5	38.2	37.0	35.9	34.8	33.7	32.7	31.8	30.9	30.0	29.1
210	41.0	39.7	38.4	37.2	36.0	34.9	33.9	32.9	31.9	31.0	30.1	29.3
211	41.2	39.9	38.6	37.4	36.2	35.1	34.1	33.0	32.1	31.2	30.3	29.4
212	41.4	40.1	38.8	37.6	36.4	35.3	34.2	33.2	32.2	31.3	30.4	29.6