

BMI Chart (6ft tall)

| | | | |
|--------------|----------------|------------|-------|
| Under Weight | Healthy Weight | Overweight | Obese |
|--------------|----------------|------------|-------|

| Weight | Height (in inches) | | | | | | | | | | | | |
|--------|--------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 |
| 175 | 23.7 | 23.1 | 22.5 | 21.9 | 21.3 | 20.7 | 20.2 | 19.7 | 19.2 | 18.8 | 18.3 | 17.9 | 17.4 |
| 176 | 23.9 | 23.2 | 22.6 | 22.0 | 21.4 | 20.9 | 20.3 | 19.8 | 19.3 | 18.9 | 18.4 | 18.0 | 17.5 |
| 177 | 24.0 | 23.3 | 22.7 | 22.1 | 21.5 | 21.0 | 20.5 | 19.9 | 19.4 | 19.0 | 18.5 | 18.1 | 17.6 |
| 178 | 24.1 | 23.5 | 22.9 | 22.2 | 21.7 | 21.1 | 20.6 | 20.1 | 19.6 | 19.1 | 18.6 | 18.2 | 17.7 |
| 179 | 24.3 | 23.6 | 23.0 | 22.4 | 21.8 | 21.2 | 20.7 | 20.2 | 19.7 | 19.2 | 18.7 | 18.3 | 17.8 |
| 180 | 24.4 | 23.7 | 23.1 | 22.5 | 21.9 | 21.3 | 20.8 | 20.3 | 19.8 | 19.3 | 18.8 | 18.4 | 17.9 |
| 181 | 24.5 | 23.9 | 23.2 | 22.6 | 22.0 | 21.5 | 20.9 | 20.4 | 19.9 | 19.4 | 18.9 | 18.5 | 18.0 |
| 182 | 24.7 | 24.0 | 23.4 | 22.7 | 22.2 | 21.6 | 21.0 | 20.5 | 20.0 | 19.5 | 19.0 | 18.6 | 18.1 |
| 183 | 24.8 | 24.1 | 23.5 | 22.9 | 22.3 | 21.7 | 21.1 | 20.6 | 20.1 | 19.6 | 19.1 | 18.7 | 18.2 |
| 184 | 25.0 | 24.3 | 23.6 | 23.0 | 22.4 | 21.8 | 21.3 | 20.7 | 20.2 | 19.7 | 19.2 | 18.8 | 18.3 |
| 185 | 25.1 | 24.4 | 23.8 | 23.1 | 22.5 | 21.9 | 21.4 | 20.8 | 20.3 | 19.8 | 19.3 | 18.9 | 18.4 |
| 186 | 25.2 | 24.5 | 23.9 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 | 20.4 | 19.9 | 19.4 | 19.0 | 18.5 |
| 187 | 25.4 | 24.7 | 24.0 | 23.4 | 22.8 | 22.2 | 21.6 | 21.1 | 20.5 | 20.0 | 19.6 | 19.1 | 18.6 |
| 188 | 25.5 | 24.8 | 24.1 | 23.5 | 22.9 | 22.3 | 21.7 | 21.2 | 20.7 | 20.1 | 19.7 | 19.2 | 18.7 |
| 189 | 25.6 | 24.9 | 24.3 | 23.6 | 23.0 | 22.4 | 21.8 | 21.3 | 20.8 | 20.3 | 19.8 | 19.3 | 18.8 |
| 190 | 25.8 | 25.1 | 24.4 | 23.7 | 23.1 | 22.5 | 22.0 | 21.4 | 20.9 | 20.4 | 19.9 | 19.4 | 18.9 |
| 191 | 25.9 | 25.2 | 24.5 | 23.9 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 | 20.5 | 20.0 | 19.5 | 19.0 |
| 192 | 26.0 | 25.3 | 24.6 | 24.0 | 23.4 | 22.8 | 22.2 | 21.6 | 21.1 | 20.6 | 20.1 | 19.6 | 19.1 |
| 193 | 26.2 | 25.5 | 24.8 | 24.1 | 23.5 | 22.9 | 22.3 | 21.7 | 21.2 | 20.7 | 20.2 | 19.7 | 19.2 |
| 194 | 26.3 | 25.6 | 24.9 | 24.2 | 23.6 | 23.0 | 22.4 | 21.9 | 21.3 | 20.8 | 20.3 | 19.8 | 19.3 |
| 195 | 26.4 | 25.7 | 25.0 | 24.4 | 23.7 | 23.1 | 22.5 | 22.0 | 21.4 | 20.9 | 20.4 | 19.9 | 19.4 |
| 196 | 26.6 | 25.9 | 25.2 | 24.5 | 23.9 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 | 20.5 | 20.0 | 19.5 |
| 197 | 26.7 | 26.0 | 25.3 | 24.6 | 24.0 | 23.4 | 22.8 | 22.2 | 21.6 | 21.1 | 20.6 | 20.1 | 19.6 |
| 198 | 26.9 | 26.1 | 25.4 | 24.7 | 24.1 | 23.5 | 22.9 | 22.3 | 21.7 | 21.2 | 20.7 | 20.2 | 19.7 |
| 199 | 27.0 | 26.3 | 25.5 | 24.9 | 24.2 | 23.6 | 23.0 | 22.4 | 21.9 | 21.3 | 20.8 | 20.3 | 19.8 |
| 200 | 27.1 | 26.4 | 25.7 | 25.0 | 24.3 | 23.7 | 23.1 | 22.5 | 22.0 | 21.4 | 20.9 | 20.4 | 19.9 |
| 201 | 27.3 | 26.5 | 25.8 | 25.1 | 24.5 | 23.8 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 | 20.5 | 20.0 |
| 202 | 27.4 | 26.6 | 25.9 | 25.2 | 24.6 | 24.0 | 23.3 | 22.8 | 22.2 | 21.6 | 21.1 | 20.6 | 20.1 |
| 203 | 27.5 | 26.8 | 26.1 | 25.4 | 24.7 | 24.1 | 23.5 | 22.9 | 22.3 | 21.8 | 21.2 | 20.7 | 20.2 |
| 204 | 27.7 | 26.9 | 26.2 | 25.5 | 24.8 | 24.2 | 23.6 | 23.0 | 22.4 | 21.9 | 21.3 | 20.8 | 20.3 |
| 205 | 27.8 | 27.0 | 26.3 | 25.6 | 25.0 | 24.3 | 23.7 | 23.1 | 22.5 | 22.0 | 21.4 | 20.9 | 20.4 |
| 206 | 27.9 | 27.2 | 26.4 | 25.7 | 25.1 | 24.4 | 23.8 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 | 20.5 |
| 207 | 28.1 | 27.3 | 26.6 | 25.9 | 25.2 | 24.5 | 23.9 | 23.3 | 22.7 | 22.2 | 21.6 | 21.1 | 20.6 |
| 208 | 28.2 | 27.4 | 26.7 | 26.0 | 25.3 | 24.7 | 24.0 | 23.4 | 22.8 | 22.3 | 21.7 | 21.2 | 20.7 |
| 209 | 28.3 | 27.6 | 26.8 | 26.1 | 25.4 | 24.8 | 24.1 | 23.5 | 23.0 | 22.4 | 21.9 | 21.3 | 20.8 |
| 210 | 28.5 | 27.7 | 27.0 | 26.2 | 25.6 | 24.9 | 24.3 | 23.7 | 23.1 | 22.5 | 22.0 | 21.4 | 20.9 |
| 211 | 28.6 | 27.8 | 27.1 | 26.4 | 25.7 | 25.0 | 24.4 | 23.8 | 23.2 | 22.6 | 22.1 | 21.5 | 21.0 |
| 212 | 28.7 | 28.0 | 27.2 | 26.5 | 25.8 | 25.1 | 24.5 | 23.9 | 23.3 | 22.7 | 22.2 | 21.6 | 21.1 |
| 213 | 28.9 | 28.1 | 27.3 | 26.6 | 25.9 | 25.3 | 24.6 | 24.0 | 23.4 | 22.8 | 22.3 | 21.7 | 21.2 |
| 214 | 29.0 | 28.2 | 27.5 | 26.7 | 26.0 | 25.4 | 24.7 | 24.1 | 23.5 | 22.9 | 22.4 | 21.8 | 21.3 |
| 215 | 29.2 | 28.4 | 27.6 | 26.9 | 26.2 | 25.5 | 24.8 | 24.2 | 23.6 | 23.0 | 22.5 | 21.9 | 21.4 |
| 216 | 29.3 | 28.5 | 27.7 | 27.0 | 26.3 | 25.6 | 25.0 | 24.3 | 23.7 | 23.1 | 22.6 | 22.0 | 21.5 |
| 217 | 29.4 | 28.6 | 27.9 | 27.1 | 26.4 | 25.7 | 25.1 | 24.4 | 23.8 | 23.2 | 22.7 | 22.1 | 21.6 |
| 218 | 29.6 | 28.8 | 28.0 | 27.2 | 26.5 | 25.8 | 25.2 | 24.6 | 23.9 | 23.4 | 22.8 | 22.2 | 21.7 |
| 219 | 29.7 | 28.9 | 28.1 | 27.4 | 26.7 | 26.0 | 25.3 | 24.7 | 24.1 | 23.5 | 22.9 | 22.3 | 21.8 |
| 220 | 29.8 | 29.0 | 28.2 | 27.5 | 26.8 | 26.1 | 25.4 | 24.8 | 24.2 | 23.6 | 23.0 | 22.5 | 21.9 |
| 221 | 30.0 | 29.2 | 28.4 | 27.6 | 26.9 | 26.2 | 25.5 | 24.9 | 24.3 | 23.7 | 23.1 | 22.6 | 22.0 |
| 222 | 30.1 | 29.3 | 28.5 | 27.7 | 27.0 | 26.3 | 25.6 | 25.0 | 24.4 | 23.8 | 23.2 | 22.7 | 22.1 |
| 223 | 30.2 | 29.4 | 28.6 | 27.9 | 27.1 | 26.4 | 25.8 | 25.1 | 24.5 | 23.9 | 23.3 | 22.8 | 22.2 |

| Weight | Height (in inches) | | | | | | | | | | | | |
|--------|--------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 |
| 224 | 30.4 | 29.6 | 28.8 | 28.0 | 27.3 | 26.6 | 25.9 | 25.2 | 24.6 | 24.0 | 23.4 | 22.9 | 22.3 |
| 225 | 30.5 | 29.7 | 28.9 | 28.1 | 27.4 | 26.7 | 26.0 | 25.3 | 24.7 | 24.1 | 23.5 | 23.0 | 22.4 |
| 226 | 30.6 | 29.8 | 29.0 | 28.2 | 27.5 | 26.8 | 26.1 | 25.5 | 24.8 | 24.2 | 23.6 | 23.1 | 22.5 |
| 227 | 30.8 | 29.9 | 29.1 | 28.4 | 27.6 | 26.9 | 26.2 | 25.6 | 24.9 | 24.3 | 23.7 | 23.2 | 22.6 |
| 228 | 30.9 | 30.1 | 29.3 | 28.5 | 27.8 | 27.0 | 26.3 | 25.7 | 25.0 | 24.4 | 23.8 | 23.3 | 22.7 |
| 229 | 31.1 | 30.2 | 29.4 | 28.6 | 27.9 | 27.2 | 26.5 | 25.8 | 25.2 | 24.5 | 23.9 | 23.4 | 22.8 |
| 230 | 31.2 | 30.3 | 29.5 | 28.7 | 28.0 | 27.3 | 26.6 | 25.9 | 25.3 | 24.6 | 24.0 | 23.5 | 22.9 |
| 231 | 31.3 | 30.5 | 29.7 | 28.9 | 28.1 | 27.4 | 26.7 | 26.0 | 25.4 | 24.8 | 24.2 | 23.6 | 23.0 |
| 232 | 31.5 | 30.6 | 29.8 | 29.0 | 28.2 | 27.5 | 26.8 | 26.1 | 25.5 | 24.9 | 24.3 | 23.7 | 23.1 |
| 233 | 31.6 | 30.7 | 29.9 | 29.1 | 28.4 | 27.6 | 26.9 | 26.2 | 25.6 | 25.0 | 24.4 | 23.8 | 23.2 |
| 234 | 31.7 | 30.9 | 30.0 | 29.2 | 28.5 | 27.7 | 27.0 | 26.4 | 25.7 | 25.1 | 24.5 | 23.9 | 23.3 |
| 235 | 31.9 | 31.0 | 30.2 | 29.4 | 28.6 | 27.9 | 27.2 | 26.5 | 25.8 | 25.2 | 24.6 | 24.0 | 23.4 |
| 236 | 32.0 | 31.1 | 30.3 | 29.5 | 28.7 | 28.0 | 27.3 | 26.6 | 25.9 | 25.3 | 24.7 | 24.1 | 23.5 |
| 237 | 32.1 | 31.3 | 30.4 | 29.6 | 28.8 | 28.1 | 27.4 | 26.7 | 26.0 | 25.4 | 24.8 | 24.2 | 23.6 |
| 238 | 32.3 | 31.4 | 30.6 | 29.7 | 29.0 | 28.2 | 27.5 | 26.8 | 26.1 | 25.5 | 24.9 | 24.3 | 23.7 |
| 239 | 32.4 | 31.5 | 30.7 | 29.9 | 29.1 | 28.3 | 27.6 | 26.9 | 26.3 | 25.6 | 25.0 | 24.4 | 23.8 |
| 240 | 32.5 | 31.7 | 30.8 | 30.0 | 29.2 | 28.5 | 27.7 | 27.0 | 26.4 | 25.7 | 25.1 | 24.5 | 23.9 |
| 241 | 32.7 | 31.8 | 30.9 | 30.1 | 29.3 | 28.6 | 27.8 | 27.1 | 26.5 | 25.8 | 25.2 | 24.6 | 24.0 |
| 242 | 32.8 | 31.9 | 31.1 | 30.2 | 29.5 | 28.7 | 28.0 | 27.3 | 26.6 | 25.9 | 25.3 | 24.7 | 24.1 |
| 243 | 33.0 | 32.1 | 31.2 | 30.4 | 29.6 | 28.8 | 28.1 | 27.4 | 26.7 | 26.0 | 25.4 | 24.8 | 24.2 |
| 244 | 33.1 | 32.2 | 31.3 | 30.5 | 29.7 | 28.9 | 28.2 | 27.5 | 26.8 | 26.1 | 25.5 | 24.9 | 24.3 |
| 245 | 33.2 | 32.3 | 31.5 | 30.6 | 29.8 | 29.0 | 28.3 | 27.6 | 26.9 | 26.3 | 25.6 | 25.0 | 24.4 |
| 246 | 33.4 | 32.5 | 31.6 | 30.7 | 29.9 | 29.2 | 28.4 | 27.7 | 27.0 | 26.4 | 25.7 | 25.1 | 24.5 |
| 247 | 33.5 | 32.6 | 31.7 | 30.9 | 30.1 | 29.3 | 28.5 | 27.8 | 27.1 | 26.5 | 25.8 | 25.2 | 24.6 |
| 248 | 33.6 | 32.7 | 31.8 | 31.0 | 30.2 | 29.4 | 28.7 | 27.9 | 27.2 | 26.6 | 25.9 | 25.3 | 24.7 |
| 249 | 33.8 | 32.8 | 32.0 | 31.1 | 30.3 | 29.5 | 28.8 | 28.0 | 27.4 | 26.7 | 26.0 | 25.4 | 24.8 |
| 250 | 33.9 | 33.0 | 32.1 | 31.2 | 30.4 | 29.6 | 28.9 | 28.2 | 27.5 | 26.8 | 26.1 | 25.5 | 24.9 |
| 251 | 34.0 | 33.1 | 32.2 | 31.4 | 30.5 | 29.8 | 29.0 | 28.3 | 27.6 | 26.9 | 26.2 | 25.6 | 25.0 |
| 252 | 34.2 | 33.2 | 32.4 | 31.5 | 30.7 | 29.9 | 29.1 | 28.4 | 27.7 | 27.0 | 26.3 | 25.7 | 25.1 |
| 253 | 34.3 | 33.4 | 32.5 | 31.6 | 30.8 | 30.0 | 29.2 | 28.5 | 27.8 | 27.1 | 26.5 | 25.8 | 25.2 |
| 254 | 34.4 | 33.5 | 32.6 | 31.7 | 30.9 | 30.1 | 29.3 | 28.6 | 27.9 | 27.2 | 26.6 | 25.9 | 25.3 |
| 255 | 34.6 | 33.6 | 32.7 | 31.9 | 31.0 | 30.2 | 29.5 | 28.7 | 28.0 | 27.3 | 26.7 | 26.0 | 25.4 |
| 256 | 34.7 | 33.8 | 32.9 | 32.0 | 31.2 | 30.4 | 29.6 | 28.8 | 28.1 | 27.4 | 26.8 | 26.1 | 25.5 |
| 257 | 34.9 | 33.9 | 33.0 | 32.1 | 31.3 | 30.5 | 29.7 | 28.9 | 28.2 | 27.5 | 26.9 | 26.2 | 25.6 |
| 258 | 35.0 | 34.0 | 33.1 | 32.2 | 31.4 | 30.6 | 29.8 | 29.1 | 28.3 | 27.6 | 27.0 | 26.3 | 25.7 |
| 259 | 35.1 | 34.2 | 33.3 | 32.4 | 31.5 | 30.7 | 29.9 | 29.2 | 28.4 | 27.8 | 27.1 | 26.4 | 25.8 |
| 260 | 35.3 | 34.3 | 33.4 | 32.5 | 31.6 | 30.8 | 30.0 | 29.3 | 28.6 | 27.9 | 27.2 | 26.5 | 25.9 |
| 261 | 35.4 | 34.4 | 33.5 | 32.6 | 31.8 | 30.9 | 30.2 | 29.4 | 28.7 | 28.0 | 27.3 | 26.6 | 26.0 |
| 262 | 35.5 | 34.6 | 33.6 | 32.7 | 31.9 | 31.1 | 30.3 | 29.5 | 28.8 | 28.1 | 27.4 | 26.7 | 26.1 |
| 263 | 35.7 | 34.7 | 33.8 | 32.9 | 32.0 | 31.2 | 30.4 | 29.6 | 28.9 | 28.2 | 27.5 | 26.8 | 26.2 |
| 264 | 35.8 | 34.8 | 33.9 | 33.0 | 32.1 | 31.3 | 30.5 | 29.7 | 29.0 | 28.3 | 27.6 | 26.9 | 26.3 |
| 265 | 35.9 | 35.0 | 34.0 | 33.1 | 32.3 | 31.4 | 30.6 | 29.9 | 29.1 | 28.4 | 27.7 | 27.0 | 26.4 |
| 266 | 36.1 | 35.1 | | | | | | | | | | | |