



How to calculate your body mass index (BMI)

To calculate your body mass index (BMI), multiply your current weight by 703. Divide that number by your height in inches. Now divide that number by your height in inches again. The result will be your BMI.

		Height (ft)									
		4'9"	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"	6'3"
Weight (lbs)	154	33	31	29	27	26	24	23	22	20	19
	165	36	33	31	29	28	26	24	23	22	21
	176	38	36	33	31	29	28	26	25	23	22
	187	40	38	35	33	31	29	28	26	25	24
	198	43	40	37	35	33	31	29	28	26	25
	209	45	42	40	37	35	33	31	29	28	26
	220	48	44	42	39	37	35	33	31	29	28
	231	50	47	44	41	39	36	34	32	31	29
	243	52	49	46	43	40	38	36	34	32	30
	254	55	51	48	45	42	40	38	35	34	32
	265	57	53	50	47	44	42	39	37	35	33
	276	59	56	52	49	46	43	41	39	37	35
	287	62	58	54	51	48	45	42	40	38	36
	298	64	60	56	53	50	47	44	42	39	37
	309	67	62	58	55	51	48	46	43	41	39
	320	69	64	60	57	53	50	47	45	42	40
	331	71	67	62	59	55	52	49	46	44	42
	342	74	69	65	61	57	54	51	48	45	43
	353	76	71	67	63	59	55	52	49	47	44
	364	78	73	69	64	61	57	54	51	48	46
375	81	76	71	66	62	59	56	52	50	47	
386	83	78	73	68	64	61	57	54	51	48	
397	86	80	75	70	66	62	59	56	53	50	
408	88	82	77	72	68	64	60	57	54	51	
419	90	84	79	74	70	66	62	59	56	53	
430	93	87	81	76	72	67	64	60	57	54	
441	95	89	83	78	73	69	65	62	58	55	
452	98	91	85	80	75	71	67	63	60	57	
463	100	93	87	82	77	73	69	65	61	58	

Weight Category BMI (kg/m²)

Normal Weight	18.5-24.9
Overweight	25-29.9
Obesity	30-34.9
Severe Obesity	35-39.9
Morbid Obesity	≥40