

# BODY MASS INDEX TABLE

|                 | NORMAL               |     |     |     |     |     | OVERWEIGHT |     |     |     |     | OBESE |     |     |     |     |     |     |     | MORBIDLY OBESITY |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----------------|----------------------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| BMI             | 19                   | 20  | 21  | 22  | 23  | 24  | 25         | 26  | 27  | 28  | 29  | 30    | 31  | 32  | 33  | 34  | 35  | 36  | 37  | 38               | 39  | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| HEIGHT (inches) | BODY WEIGHT (pounds) |     |     |     |     |     |            |     |     |     |     |       |     |     |     |     |     |     |     |                  |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 58              | 91                   | 96  | 100 | 105 | 110 | 115 | 119        | 124 | 129 | 134 | 138 | 143   | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181              | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 |
| 59              | 94                   | 99  | 104 | 109 | 114 | 119 | 124        | 128 | 133 | 138 | 143 | 148   | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188              | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 |
| 60              | 97                   | 102 | 107 | 112 | 118 | 123 | 128        | 133 | 138 | 143 | 148 | 153   | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194              | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 |
| 61              | 100                  | 106 | 111 | 116 | 122 | 127 | 132        | 137 | 143 | 148 | 153 | 158   | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201              | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 |
| 62              | 104                  | 109 | 115 | 120 | 126 | 131 | 136        | 142 | 147 | 153 | 158 | 164   | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207              | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 |
| 63              | 107                  | 113 | 118 | 124 | 130 | 135 | 141        | 146 | 152 | 158 | 163 | 169   | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214              | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 |
| 64              | 110                  | 116 | 122 | 128 | 134 | 140 | 145        | 151 | 157 | 163 | 169 | 174   | 180 | 186 | 192 | 197 | 204 | 209 | 215 | 221              | 227 | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 |
| 65              | 114                  | 120 | 126 | 132 | 138 | 144 | 150        | 156 | 162 | 168 | 174 | 180   | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228              | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 |
| 66              | 118                  | 124 | 130 | 136 | 142 | 148 | 155        | 161 | 167 | 173 | 179 | 186   | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235              | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 |
| 67              | 121                  | 127 | 134 | 140 | 146 | 153 | 159        | 166 | 172 | 178 | 185 | 191   | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242              | 249 | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 |
| 68              | 125                  | 131 | 138 | 144 | 151 | 158 | 164        | 171 | 177 | 184 | 190 | 197   | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249              | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 |
| 69              | 128                  | 135 | 142 | 149 | 155 | 162 | 169        | 176 | 182 | 189 | 196 | 203   | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257              | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 |
| 70              | 132                  | 139 | 146 | 153 | 160 | 167 | 174        | 181 | 188 | 195 | 202 | 209   | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264              | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 |
| 71              | 136                  | 143 | 150 | 157 | 165 | 172 | 179        | 186 | 193 | 200 | 208 | 215   | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272              | 279 | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 |
| 72              | 140                  | 147 | 154 | 162 | 169 | 177 | 184        | 191 | 199 | 206 | 213 | 221   | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279              | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 |
| 73              | 144                  | 151 | 159 | 166 | 174 | 182 | 189        | 197 | 204 | 212 | 219 | 227   | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288              | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 |
| 74              | 148                  | 155 | 163 | 171 | 179 | 186 | 194        | 202 | 210 | 218 | 225 | 233   | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295              | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 |
| 75              | 152                  | 160 | 168 | 176 | 184 | 192 | 200        | 208 | 216 | 224 | 232 | 240   | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303              | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 |
| 76              | 156                  | 164 | 172 | 180 | 189 | 197 | 205        | 213 | 221 | 230 | 238 | 246   | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312              | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 |

*“The greatest thing in this world is not so much where we are, but in what direction we are moving.”* - Oliver Wendell Holmes

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