

HEIGHT	Desired BMI value				WEIGHT (lbs)															
	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	
5' 0"	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
5' 1"	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	
5' 2"	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	
5' 3"	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	
5' 4"	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	
5' 5"	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	
5' 6"	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	
5' 7"	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	
5' 8"	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	
5' 9"	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	
5' 10"	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	
5' 11"	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	
6' 0"	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	
6' 1"	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	
6' 2"	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	
6' 3"	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	
6' 4"	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	

Health Risk Based on BMI

BMI	Risk	Classification
<20	Mod./High	Underweight
20 - 21.99	Low	Healthy Weight
22 - 24.99	Very low	
25 - 26.99	Low	Overweight
27 - 29.99	Moderate	
30 - 39.99	High	Obese
>=40	Very High	