

# BMI Chart USA

## Customary Units Of Measure

		WEIGHT IN POUNDS											
		140	150	160	170	180	190	200	210	220	230	240	250
WEIGHT IN POUNDS	4 ft 6 in	34	36	39	41	43	46	48	51	53	56	58	60
	4 ft 8 in	31	34	36	38	40	43	45	47	49	52	54	56
	4 ft 10 in	29	31	34	36	38	40	42	44	46	48	50	52
	5 ft 0 in	27	29	31	33	35	37	39	41	43	45	47	49
	5 ft 2 in	26	27	29	31	33	35	37	38	40	42	44	46
	5 ft 4 in	24	26	28	29	31	33	34	36	38	40	41	43
	5 ft 6 in	23	24	26	28	29	31	32	34	36	37	39	40
	5 ft 8 in	21	23	24	26	27	29	30	32	34	35	37	38
	5 ft 10 in	20	22	23	24	26	27	29	30	32	33	35	36
	6 ft 0 in	19	20	22	23	24	26	27	28	30	31	33	34
	6 ft 2 in	18	19	21	22	23	24	26	27	28	30	31	32
	6 ft 4 in	17	18	20	21	22	22	24	26	27	28	29	30
	6 ft 6 in	16	17	19	20	21	22	23	24	25	27	28	29
	6 ft 8 in	15	17	18	19	20	21	22	23	24	25	26	28

Underweight

Healthy

Overweight

Obese