

BMI (Body Mass Index). Locate your height. On the same line as your height, find your weight or as close to your current weight as possible. The number listed at the top of the chart is the BMI.

BMI Score Assessment

BMI = 18.5 Underweight BMI = 25.0 - 29.9 Overweight BMI = 35.0 - 40 (with risk factors) Morbidly Obese
 BMI = 18.5 - 24.9 Normal BMI = 30.0 Obese BMI = 40.0 and up Morbidly Obese

Height		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Inches	Ft/In	Body Weight (pounds)																	
58	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
59	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
60	5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
61	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
62	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
63	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
64	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
65	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
66	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
67	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
68	5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
69	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
70	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
71	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
72	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
73	6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
74	6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
75	6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
76	6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	
		Healthy Weight						Overweight						Obese					

IBW (Ideal Body Weight). The IBW charts have been used for many years to help determine a healthy weight range by comparing height, weight, and frame size.

Frame Size. To calculate your frame type place your thumb and index finger around your wrist. If your finger overlaps the thumb, your frame is a "Small Frame". If they touch, your frame is a "Medium Frame". If they do not touch, your frame is a "Large Frame".

Height and Weight Table for Women				Height and Weight Table for Men			
Height Feet Inches	Small Frame	Medium Frame	Large Frame	Height Feet Inches	Small Frame	Medium Frame	Large Frame
4' 9"	102-111	109-121	118-131	5' 1"	128-134	131-141	138-150
4' 10"	103-113	111-123	120-134	5' 2"	130-136	133-143	140-153
4' 11"	104-115	113-126	122-137	5' 3"	132-138	135-145	142-156
5' 0"	106-118	115-129	125-140	5' 4"	134-140	137-148	144-160
5' 1"	108-121	118-132	128-143	5' 5"	136-142	139-151	146-164
5' 2"	111-124	121-135	131-147	5' 6"	138-145	142-154	149-168
5' 3"	114-127	124-138	134-151	5' 7"	140-148	145-157	152-172
5' 4"	117-130	127-141	137-155	5' 8"	142-151	148-160	155-176
5' 5"	120-133	130-144	140-159	5' 9"	144-154	151-163	158-180
5' 6"	123-136	133-147	143-163	5' 10"	146-157	154-166	161-184
5' 7"	126-139	136-150	146-167	5' 11"	149-160	157-170	164-188
5' 8"	129-142	139-153	149-170	6' 0"	152-164	160-174	168-192
5' 9"	132-145	142-156	152-173	6' 1"	155-168	164-178	172-197
5' 10"	135-148	145-159	155-176	6' 2"	158-172	167-182	176-202
5' 11"	138-151	148-162	158-179	6' 3"	162-176	171-187	181-207

Weights at ages 25 or over. Weight in lbs according to frame (in indoor clothing for women weighing 3 lbs and men 5 lbs; no shoes)