

ADULT BODY MASS INDEX (BMI)

WEIGHT

		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
HEIGHT	5' 4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
	5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
	5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
	5' 7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47
	5' 8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
	5' 9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44
	5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
	5' 11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
	6' 0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
	6' 1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
	6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
	6' 3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38
	6' 4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37
	6' 5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36
	6' 6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35

UNDERWEIGHT

NORMAL WEIGHT

OVERWEIGHT

OBESE



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