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### Determining Your Body Mass Index (BMI)

To estimate your body mass index (BMI), first identify your weight (to the nearest 10 pounds) in one of the columns across the top. Then move your finger down the column until you come to the row that represents your height. Inside the square where your weight and height meet is a number that is an estimate of your BMI. For example, if you weigh 160 pounds and are 5'7", your BMI is 25.

BMI INTERPRETATION	
Underweight	Under 18.5
Normal	18.5–24
Overweight	25–29
Obese	30 and over

HEIGHT	WEIGHT															
	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36
5'11"	14	15	17	18	20	21	22	24	25	26	27	28	30	32	33	35
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30