

# Body Mass Index Chart

*weight (kg)*

*height (cm)*

	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90
<b>140</b>	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
<b>142</b>	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
<b>144</b>	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	41	42	43
<b>146</b>	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	38	39	40	41	42
<b>148</b>	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41
<b>150</b>	22	23	24	25	26	27	28	28	29	30	31	32	33	34	35	36	36	37	38	39	40
<b>152</b>	22	23	23	24	25	26	27	28	29	29	30	31	32	33	34	35	35	36	37	38	39
<b>154</b>	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38
<b>156</b>	21	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37
<b>158</b>	20	21	22	22	23	24	25	26	26	27	28	29	30	30	31	32	33	34	34	35	36
<b>160</b>	20	20	21	22	23	23	24	25	26	27	27	28	29	30	30	31	32	33	34	34	35
<b>162</b>	19	20	21	21	22	23	24	24	25	26	27	28	28	29	30	30	31	32	33	34	34
<b>164</b>	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	32	33	33
<b>166</b>	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	32	33
<b>168</b>	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30	30	31	32
<b>170</b>	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	30	30	31
<b>172</b>	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30
<b>174</b>	17	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30
<b>176</b>	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29
<b>178</b>	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	27	27	28	28
<b>180</b>	15	16	17	17	18	19	19	20	20	21	22	22	23	23	24	25	25	26	27	27	28
<b>182</b>	15	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	11	27
<b>184</b>	15	15	16	17	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27
<b>186</b>	14	15	16	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	25	26
<b>188</b>	14	15	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25
<b>190</b>	14	14	15	16	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25
<b>192</b>	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24
<b>194</b>	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24
<b>196</b>	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23
<b>198</b>	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23
<b>200</b>	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23

## Legend



Underweight



Overweight



Normal



Obese