

## BODY MASS INDEX (BMI), kg/m<sup>2</sup>

| Weight<br>(pounds) | Height (feet, inches) |      |      |      |      |      |
|--------------------|-----------------------|------|------|------|------|------|
|                    | 5'0"                  | 5'3" | 5'6" | 5'9" | 6'0" | 6'3" |
| 140                | 27                    | 25   | 23   | 21   | 19   | 18   |
| 150                | 29                    | 27   | 24   | 22   | 20   | 19   |
| 160                | 31                    | 28   | 26   | 24   | 22   | 20   |
| 170                | 33                    | 30   | 28   | 25   | 23   | 21   |
| 180                | 35                    | 32   | 29   | 27   | 25   | 23   |
| 190                | 37                    | 34   | 31   | 28   | 26   | 24   |
| 200                | 39                    | 36   | 32   | 30   | 27   | 25   |
| 210                | 41                    | 37   | 34   | 31   | 29   | 26   |
| 220                | 43                    | 39   | 36   | 33   | 30   | 28   |
| 230                | 45                    | 41   | 37   | 34   | 31   | 29   |
| 240                | 47                    | 43   | 39   | 36   | 33   | 30   |
| 250                | 49                    | 44   | 40   | 37   | 34   | 31   |