



15 - 20 - Underweight	35 - 40 - Super Obese
20 - 25 - Healthy	40 - 45 - Morbid Obese
25 - 30 - Overweight	45 - 50 - Super Morbid Obese
30 - 35 - Obese	50 + - Super Super Morbid Obese

BMI CHART - 5' 10" to 6' 8"

		Ft	5' 10"		5' 11"		6' 0"		6' 1"		6' 2"		6' 3"		6' 4"		6' 5"		6' 6"		6' 7"		6' 8"	
		Mt	1.78	1.79	1.80	1.82	1.83	1.84	1.85	1.87	1.88	1.89	1.91	1.92	1.93	1.94	1.96	1.97	1.98	1.99	2.01	2.02	2.03	
St	lb	Kg																						
28	0	178	56.3	55.5	54.7	54.0	53.2	52.5	51.8	51.1	50.4	49.7	49.0	48.4	47.8	47.1	46.5	45.9	45.3	44.8	44.2	43.7	43.1	
27	10	176	55.7	54.9	54.1	53.4	52.6	51.9	51.2	50.5	49.8	49.2	48.5	47.9	47.2	46.6	46.0	45.4	44.8	44.3	43.7	43.2	42.6	
27	6	174	55.0	54.3	53.5	52.8	52.0	51.3	50.6	49.9	49.3	48.6	47.9	47.3	46.7	46.1	45.5	44.9	44.3	43.8	43.2	42.7	42.1	
27	1	172	54.4	53.6	52.9	52.1	51.4	50.7	50.0	49.3	48.7	48.0	47.4	46.8	46.2	45.6	45.0	44.4	43.8	43.3	42.7	42.2	41.7	
26	11	170	53.8	53.0	52.3	51.5	50.8	50.1	49.4	48.8	48.1	47.5	46.8	46.2	45.6	45.0	44.4	43.9	43.3	42.8	42.2	41.7	41.2	
26	6	168	53.1	52.4	51.7	50.9	50.2	49.5	48.9	48.2	47.6	46.9	46.3	45.7	45.1	44.5	43.9	43.4	42.8	42.3	41.7	41.2	40.7	
26	2	166	52.5	51.8	51.0	50.3	49.6	49.0	48.3	47.6	47.0	46.4	45.7	45.1	44.5	44.0	43.4	42.8	42.3	41.8	41.2	40.7	40.2	
25	12	164	51.9	51.1	50.4	49.7	49.0	48.4	47.7	47.1	46.4	45.8	45.2	44.6	44.0	43.4	42.9	42.3	41.8	41.3	40.7	40.2	39.7	
25	7	162	51.2	50.5	49.8	49.1	48.4	47.8	47.1	46.5	45.9	45.2	44.6	44.1	43.5	42.9	42.4	41.8	41.3	40.7	40.2	39.7	39.2	
25	3	160	50.6	49.9	49.2	48.5	47.8	47.2	46.5	45.9	45.3	44.7	44.1	43.5	42.9	42.4	41.8	41.3	40.8	40.2	39.7	39.2	38.8	
24	12	158	50.0	49.3	48.6	47.9	47.2	46.6	46.0	45.3	44.7	44.1	43.5	43.0	42.4	41.8	41.3	40.8	40.3	39.7	39.2	38.7	38.3	
24	8	156	49.3	48.6	48.0	47.3	46.6	46.0	45.4	44.8	44.2	43.6	43.0	42.4	41.9	41.3	40.8	40.3	39.7	39.2	38.7	38.3	37.8	
24	4	154	48.7	48.0	47.4	46.7	46.0	45.4	44.8	44.2	43.6	43.0	42.4	41.9	41.3	40.8	40.3	39.7	39.2	38.7	38.2	37.8	37.3	
23	13	152	48.1	47.4	46.7	46.1	45.4	44.8	44.2	43.6	43.0	42.4	41.9	41.3	40.8	40.3	39.7	39.2	38.7	38.2	37.8	37.3	36.8	
23	9	150	47.4	46.8	46.1	45.5	44.8	44.2	43.6	43.0	42.5	41.9	41.3	40.8	40.3	39.7	39.2	38.7	38.2	37.7	37.3	36.8	36.3	
23	4	148	46.8	46.2	45.5	44.9	44.3	43.6	43.0	42.5	41.9	41.3	40.8	40.2	39.7	39.2	38.7	38.2	37.7	37.2	36.8	36.3	35.8	
23	0	146	46.2	45.5	44.9	44.3	43.7	43.1	42.5	41.9	41.3	40.8	40.2	39.7	39.2	38.7	38.2	37.7	37.2	36.7	36.3	35.8	35.4	
22	9	144	45.6	44.9	44.3	43.7	43.1	42.5	41.9	41.3	40.8	40.2	39.7	39.2	38.6	38.1	37.6	37.2	36.7	36.2	35.8	35.3	34.9	
22	5	142	44.9	44.3	43.7	43.1	42.5	41.9	41.3	40.7	40.2	39.7	39.1	38.6	38.1	37.6	37.1	36.6	36.2	35.7	35.3	34.8	34.4	
22	1	140	44.3	43.7	43.0	42.4	41.9	41.3	40.7	40.2	39.6	39.1	38.6	38.1	37.6	37.1	36.6	36.1	35.7	35.2	34.8	34.3	33.9	
21	10	138	43.7	43.0	42.4	41.8	41.3	40.7	40.1	39.6	39.1	38.5	38.0	37.5	37.0	36.6	36.1	35.6	35.2	34.7	34.3	33.8	33.4	
21	6	136	43.0	42.4	41.8	41.2	40.7	40.1	39.6	39.0	38.5	38.0	37.5	37.0	36.5	36.0	35.6	35.1	34.6	34.2	33.8	33.4	32.9	
21	1	134	42.4	41.8	41.2	40.6	40.1	39.5	39.0	38.4	37.9	37.4	36.9	36.4	36.0	35.5	35.0	34.6	34.1	33.7	33.3	32.9	32.5	
20	11	132	41.8	41.2	40.6	40.0	39.5	38.9	38.4	37.9	37.4	36.9	36.4	35.9	35.4	35.0	34.5	34.1	33.6	33.2	32.8	32.4	32.0	
20	7	130	41.1	40.5	40.0	39.4	38.9	38.3	37.8	37.3	36.8	36.3	35.8	35.3	34.9	34.4	34.0	33.5	33.1	32.7	32.3	31.9	31.5	
20	2	128	40.5	39.9	39.4	38.8	38.3	37.7	37.2	36.7	36.2	35.7	35.3	34.8	34.3	33.9	33.5	33.0	32.6	32.2	31.8	31.4	31.0	
19	12	126	39.9	39.3	38.7	38.2	37.7	37.2	36.6	36.2	35.7	35.2	34.7	34.3	33.8	33.4	32.9	32.5	32.1	31.7	31.3	30.9	30.5	
19	7	124	39.2	38.7	38.1	37.6	37.1	36.6	36.1	35.6	35.1	34.6	34.2	33.7	33.3	32.8	32.4	32.0	31.6	31.2	30.8	30.4	30.0	
19	3	122	38.6	38.0	37.5	37.0	36.5	36.0	35.5	35.0	34.5	34.1	33.6	33.2	32.7	32.3	31.9	31.5	31.1	30.7	30.3	29.9	29.5	
18	13	120	38.0	37.4	36.9	36.4	35.9	35.4	34.9	34.4	34.0	33.5	33.1	32.6	32.2	31.8	31.4	31.0	30.6	30.2	29.8	29.4	29.1	
18	8	118	37.3	36.8	36.3	35.8	35.3	34.8	34.3	33.9	33.4	33.0	32.5	32.1	31.7	31.3	30.8	30.5	30.1	29.7	29.3	28.9	28.6	
18	4	116	36.7	36.2	35.7	35.2	34.7	34.2	33.7	33.3	32.8	32.4	32.0	31.5	31.1	30.7	30.3	29.9	29.6	29.2	28.8	28.4	28.1	
17	13	114	36.1	35.6	35.1	34.6	34.1	33.6	33.2	32.7	32.3	31.8	31.4	31.0	30.6	30.2	29.8	29.4	29.0	28.7	28.3	28.0	27.6	
17	9	112	35.4	34.9	34.4	34.0	33.5	33.0	32.6	32.1	31.7	31.3	30.9	30.5	30.1	29.7	29.3	28.9	28.5	28.2	27.8	27.5	27.1	
17	5	110	34.8	34.3	33.8	33.4	32.9	32.4	32.0	31.6	31.1	30.7	30.3	29.9	29.5	29.1	28.8	28.4	28.0	27.7	27.3	27.0	26.6	
17	0	108	34.2	33.7	33.2	32.7	32.3	31.8	31.4	31.0	30.6	30.2	29.8	29.4	29.0	28.6	28.2	27.9	27.5	27.2	26.8	26.5	26.2	
16	10	106	33.5	33.1	32.6	32.1	31.7	31.3	30.8	30.4	30.0	29.6	29.2	28.8	28.4	28.1	27.7	27.4	27.0	26.7	26.3	26.0	25.7	
16	5	104	32.9	32.4	32.0	31.5	31.1	30.7	30.2	29.8	29.4	29.0	28.7	28.3	27.9	27.5	27.2	26.8	26.5	26.2	25.8	25.5	25.2	
16	1	102	32.3	31.8	31.4	30.9	30.5	30.1	29.7	29.3	28.9	28.5	28.1	27.7	27.4	27.0	26.7	26.3	26.0	25.7	25.3	25.0	24.7	
15	10	100	31.6	31.2	30.7	30.3	29.9	29.5	29.1	28.7	28.3	27.9	27.6	27.2	26.8	26.5	26.1	25.8	25.5	25.2	24.8	24.5	24.2	
15	6	98	31.0	30.6	30.1	29.7	29.3	28.9	28.5	28.1	27.7	27.4	27.0	26.6	26.3	26.0	25.6	25.3	25.0	24.7	24.3	24.0	23.7	
15	2	96	30.4	29.9	29.5	29.1	28.7	28.3	27.9	27.5	27.2	26.8	26.5	26.1	25.8	25.4	25.1	24.8	24.5	24.1	23.8	23.5	23.3	
14	11	94	29.7	29.3	28.9	28.5	28.1	27.7	27.3	27.0	26.6	26.3	25.9	25.6	25.2	24.9	24.6	24.3	23.9	23.6	23.3	23.1	22.8	
14	7	92	29.1	28.7	28.3	27.9	27.5	27.1	26.8	26.4	26.0	25.7	25.4	25.0	24.7	24.4	24.1	23.7	23.4	23.1	22.8	22.6	22.3	
14	2	90	28.5	28.1	27.7	27.3	26.9	26.5	26.2	25.8	25.5	25.1	24.8	24.5	24.2	23.8	23.5	23.2	22.9	22.6	22.4	22.1	21.8	
13	12	88	27.8	27.4	27.1	26.7	26.3	26.0	25.6	25.2	24.9	24.6	24.2	23.9	23.6	23.3	23.0	22.7	22.4	22.1	21.9	21.6	21.3	
13	8	86	27.2	26.8	26.4	26.1	25.7	25.4	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	
13	3	84	26.6	26.2	25.8	25.5	25.1	24.8	24.4	24.1	23.8	23.5	23.1	22.8	22.5	22.2	22.0	21.7	21.4	21.1	20.9	20.6	20.3	
12	13	82	25.9	25.6	25.2	24.9	24.5	24.2	23.9	23.5	23.2	22.9	22.6	22.3	22.0	21.7	21.4	21.2	20.9	20.6	20.4	20.1	19.9	
12	8	80	25.3	24.9	24.6	24.3	23.9	23.6	23.3	23.0	22.6	22.3	22.0	21.8	21.5	21.2	20.9	20.6	20.4	20.1	19.9	19.6	19.4	
12	4	78	24.7	24.3	24.0	23.6	23.3	23.0	22.7	22.4	22.1	21.8	21.5	21.2	20.9	20.7	20.4	20.1	19.9	19.6	19.4	19.1	18.9	
12	0	76	24.0	23.7	23.4	23.0	22.7	22.4	22.1	21.8	21.5	21.2	20.9	20.7	20.4	20.1	19.9	19.6	19.4	19.1	18.9	18.6	18.4	