


Height in feet


Height in inches

Weight in pounds


Your BMI


HEIGHT (ft/in)	WEIGHT (lbs)											
	90	100	110	120	130	140	150	160	170	180	190	200
4'9"	19	22	24	26	28	30	32	35	37	39	41	43
4'10"	19	21	23	25	27	29	31	33	36	38	40	42
4'11"	18	20	22	24	26	28	30	32	34	36	38	40
5'0"	18	20	21	23	25	27	29	31	33	35	37	39
5'1"	17	19	21	23	25	26	28	30	32	34	36	38
5'2"	16	18	20	22	24	26	27	29	31	33	35	37
5'3"	16	18	19	21	23	25	27	28	30	32	34	35
5'4"	15	17	19	21	22	24	26	27	29	31	33	34
5'5"	15	17	18	20	22	23	25	27	28	30	32	33
5'6"	15	16	18	19	21	23	24	26	27	29	31	32
5'7"	14	16	17	19	20	22	24	25	27	28	30	31
5'8"	14	15	17	18	20	21	23	24	26	27	29	30
5'9"	13	15	16	18	19	21	22	24	25	27	28	30
5'10"	13	14	16	17	19	20	22	23	24	26	27	29
5'11"	13	14	15	17	18	20	21	22	24	25	27	28

 Underweight
(less than 18.5)

 Normal
(18.5 to 24.9)

 Overweight
(25 to 29.9)

 Obese
(30 to 39.9)

 Extremely Obese
(40 and above)