What's Your Body Mass Index (BMI)?

For adults, 20 years old and older

Find your height and weight.

Your height	Your weight		
6' 4"	152-204	205-246	247
6' 3"	148-199	200-239	240
6' 2"	144-194	195-233	234
6' 1"	140-189	190-227	228
6' 0"	137-183	184-220	221
5' 11"	133-178	179-214	215
5' 10"	129-173	174-208	209
5' 9"	125-168	169-202	203
5' 8"	122-164	165-196	197
5' 7"	118-159	160-191	192
5' 6"	115-154	155-185	186
5' 5"	111-149	150-179	180
5' 4"	108-145	146-174	175
5' 3"	105-140	141-169	170
5' 2"	101-136	137-163	164
5' 1"	98-132	133-158	159
5' 0"	95-127	128-153	154
	Your BMI is 18.5-24.9 NORMAL	Your BMI is 25-29.9 OVERWEIGHT	Your BMI is ≥ 30 OBESE

- BMI is a screening tool to measure body fat based on height and weight.
- A high BMI can increase your risk for many diseases and health conditions.
- BMI may be overestimated for Soldier Athletes, body builders and women who are pregnant or nursing.
- Contact your healthcare provider if you have any concerns about your BMI.

Source: Centers for Disease Control and Prevention: http://go.usa.gov/3VeTB

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