

# INTERNATIONAL BMI TABLE

WEIGHT		HEIGHT IN FEET/INCHES AND METERS											
LB	KG	4'8" 1.42m	4'10" 1.47m	5'0" 1.52m	5'2" 1.57m	5'4" 1.63m	5'6" 1.68m	5'8" 1.73m	5'10" 1.78m	6'0" 1.83m	6'2" 1.88m	6'4" 1.93m	6'6" 1.98m
100	45.4	22.4	20.9	19.5	18.3	17.2	16.1	15.2	14.3	13.6	12.8	12.2	11.6
105	47.6	23.5	21.9	20.5	19.2	18.0	16.9	16.0	15.1	14.2	13.5	12.8	12.1
110	49.9	24.7	23.0	21.5	20.1	18.9	17.8	16.7	15.8	14.9	14.1	13.4	12.7
115	52.2	25.8	24.0	22.5	21.0	19.7	18.6	17.5	16.5	15.6	14.8	14.0	13.3
120	54.4	26.9	25.1	23.4	21.9	20.6	19.4	18.2	17.2	16.3	15.4	14.6	13.9
125	56.7	28.0	26.1	24.4	22.9	21.5	20.2	19.0	17.9	17.0	16.0	15.2	14.4
130	59.0	29.1	27.2	25.4	23.8	22.3	21.0	19.8	18.7	17.6	16.7	15.8	15.0
135	61.2	30.3	28.2	26.4	24.7	23.2	21.8	20.5	19.4	18.3	17.3	16.4	15.6
140	63.5	31.4	29.3	27.3	25.6	24.0	22.6	21.3	20.1	19.0	18.0	17.0	16.2
145	65.8	32.5	30.3	28.3	26.5	24.9	23.4	22.0	20.8	19.7	18.6	17.6	16.8
150	68.0	33.6	31.3	29.3	27.4	25.7	24.2	22.8	21.5	20.3	19.3	18.3	17.3
155	70.3	34.7	32.4	30.3	28.3	26.6	25.0	23.6	22.2	21.0	19.9	18.9	17.9
160	72.6	35.9	33.4	31.2	29.3	27.5	25.8	24.3	23.0	21.7	20.5	19.5	18.5
165	74.8	37.0	34.5	32.2	30.2	28.3	26.6	25.1	23.7	22.4	21.2	20.1	19.1
170	77.1	38.1	35.5	33.2	31.1	29.2	27.4	25.8	24.4	23.1	21.8	20.7	19.6
175	79.4	39.2	36.6	34.2	32.0	30.0	28.2	26.6	25.1	23.7	22.5	21.3	20.2
180	81.6	40.4	37.6	35.2	32.9	30.9	29.1	27.4	25.8	24.4	23.1	21.9	20.8
185	83.9	41.5	38.7	36.1	33.8	31.8	29.9	28.1	26.5	25.1	23.8	22.5	21.4
190	86.2	42.6	39.7	37.1	34.8	32.6	30.7	28.9	27.3	25.8	24.4	23.1	22.0
195	88.5	43.7	40.8	38.1	35.7	33.5	31.5	29.6	28.0	26.4	25.0	23.7	22.5
200	90.7	44.8	41.8	39.1	36.6	34.3	32.3	30.4	28.7	27.1	25.7	24.3	23.1
205	93.0	46.0	42.8	40.0	37.5	35.2	33.1	31.2	29.4	27.8	26.3	25.0	23.7
210	95.3	47.1	43.9	41.0	38.4	36.0	33.9	31.9	30.1	28.5	27.0	25.6	24.3
215	97.5	48.2	44.9	42.0	39.3	36.9	34.7	32.7	30.8	29.2	27.6	26.2	24.8
220	99.8	49.3	46.0	43.0	40.2	37.8	35.5	33.5	31.6	29.8	28.2	26.8	25.4
225	102.1	50.4	47.0	43.9	41.2	38.6	36.3	34.2	32.3	30.5	28.9	27.4	26.0
230	104.3	51.6	48.1	44.9	42.1	39.5	37.1	35.0	33.0	31.2	29.5	28.0	26.6
235	106.6	52.7	49.1	45.9	43.0	40.3	37.9	35.7	33.7	31.9	30.2	28.6	27.2
240	108.9	53.8	50.2	46.9	43.9	41.2	38.7	36.5	34.4	32.5	30.8	29.2	27.7
245	111.1	54.9	51.2	47.8	44.8	42.1	39.5	37.3	35.2	33.2	31.5	29.8	28.3
250	113.4	56.0	52.2	48.8	45.7	42.9	40.3	38.0	35.9	33.9	32.1	30.4	28.9
255	115.7	57.2	53.3	49.8	46.6	43.8	41.2	38.8	36.6	34.6	32.7	31.0	29.5
260	117.9	58.3	54.3	50.8	47.5	44.6	42.0	39.5	37.3	35.3	33.4	31.6	30.0
265	120.4	59.4	55.4	51.7	48.5	45.5	42.8	40.3	38.0	35.9	34.0	32.3	30.6
270	122.5	60.5	56.4	52.7	49.4	46.3	43.6	41.0	38.7	36.6	34.7	32.9	31.2
280	127.0	62.8	58.5	54.7	51.2	48.1	45.2	42.6	40.2	38.0	35.9	34.1	32.4
285	129.3	63.9	59.6	55.7	52.1	48.9	46.0	43.3	40.9	38.6	36.6	34.7	32.9
290	131.5	65.0	60.6	56.6	53.0	49.8	46.8	44.1	41.6	39.3	37.2	35.3	33.5
295	133.8	66.1	61.6	57.6	54.0	50.6	47.6	44.8	42.3	40.0	37.9	35.9	34.1
300	136.1	67.3	62.7	58.6	54.9	51.5	48.4	45.6	43.0	40.7	38.5	36.5	34.7
305	138.3	68.4	63.7	59.6	55.8	52.3	49.2	46.4	43.8	41.4	39.2	37.1	35.2
310	140.6	69.5	64.8	60.5	56.7	53.2	50.0	47.1	44.5	42.0	39.8	37.7	35.8
315	142.9	70.6	65.8	61.5	57.6	54.1	50.8	47.9	45.2	42.7	40.4	38.3	36.4
320	145.1	71.7	66.9	62.5	58.5	54.9	51.6	48.7	45.9	43.4	41.1	38.9	37.0
325	147.4	72.9	67.9	63.5	59.4	55.8	52.5	49.4	46.6	44.1	41.7	39.6	37.6
330	149.7	74.0	69.0	64.4	60.4	56.6	53.3	50.2	47.3	44.8	42.4	40.2	38.1
335	152.0	75.1	70.0	65.4	61.3	57.5	54.1	50.9	48.1	45.4	43.0	40.8	38.7
340	154.2	76.2	71.1	66.4	62.2	58.4	54.9	51.7	48.8	46.1	43.6	41.4	39.3
345	156.5	77.3	72.1	67.4	63.1	59.2	55.7	52.5	49.5	46.8	44.3	42.0	39.9
350	158.8	78.5	73.1	68.3	64.0	60.1	56.5	53.2	50.2	47.5	44.9	42.6	40.4
LB	KG	4'8" 1.42m	4'10" 1.47m	5'0" 1.52m	5'2" 1.57m	5'4" 1.63m	5'6" 1.68m	5'8" 1.73m	5'10" 1.78m	6'0" 1.83m	6'2" 1.88m	6'4" 1.93m	6'6" 1.98m
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