

STANDARD BMI CHART

● Underweight
 ● Healthy
 ● Overweight
 ● Obese

HEIGHT (cm)	WEIGHT (kgs)													
	45.5	47.7	50	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75
152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32
154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31
157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30
160	17	18	19	20	21	22	23	24	24	25	26	27	28	29
162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28
165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27
167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26
170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25
172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25
175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24
177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23
180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23
182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22