

How to Determine Your BMI BMI Chart

For most people, the following chart is specific enough. If you would like to calculate your BMI even more accurately, follow these steps. Suppose you're 5 feet 4 ½ inches tall and weigh 147.5 pounds.

1. Convert your weight in pounds into kilograms by multiplying by 0.45

$$\begin{array}{r} 147.50 \\ \times 0.45 \\ \hline 66.375 \end{array}$$

2. Convert your height in inches – 64.5 – into meters by multiplying by .0254

$$\begin{array}{r} 64.5 \\ \times 0.0254 \\ \hline 1.6383 \end{array}$$

3. Multiply your height in meters by itself (or square it)

$$\begin{array}{r} 1.6383 \\ \times 1.6383 \\ \hline 2.6840 \end{array}$$

4. Divide your weight in kilograms by your height in meters squared

$$\begin{array}{r} 66.375 \\ \times 2.6840 \\ \hline 24.7299 \end{array}$$

Your BMI 24.7299

THE BMI CHART

<i>height</i>	<i>inches</i>	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
	<i>meters</i>	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.57	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83
<i>pounds</i>	<i>kilograms</i>																			
95	43.2	23.0	22.1	21.4	20.6	19.9	19.2	1.6	18.0	17.4	16.9	16.4	15.8	15.4	14.9	14.5	14.1	13.7	13.3	12.9
100	45.5	24.2	23.3	22.5	21.6	20.9	20.2	19.6	18.9	18.3	17.8	17.2	16.7	16.2	15.7	15.3	14.8	14.4	14.0	13.6
105	47.7	25.4	24.5	23.6	22.7	22.0	21.2	20.6	19.9	19.2	18.6	18.1	17.5	17.0	16.5	16.0	15.5	15.1	14.7	14.3
110	50.0	26.6	25.6	24.8	23.8	23.0	22.2	21.6	20.8	20.2	19.5	18.9	18.3	17.8	17.2	16.8	16.3	15.8	15.4	15.0
115	52.3	27.8	26.8	25.9	24.9	24.1	23.2	22.5	21.8	21.1	20.4	19.8	19.1	18.6	18.0	17.5	17.0	16.5	16.1	15.7
120	54.5	29.0	28.0	27.0	26.0	25.1	24.2	23.5	22.7	22.0	21.3	20.7	20.0	19.4	18.8	18.3	17.8	17.3	16.8	16.3
125	56.8	30.2	29.1	28.1	27.1	26.2	25.3	24.5	23.7	22.9	22.2	21.5	20.8	20.2	19.6	19.1	18.5	18.0	17.5	17.0
130	59.1	31.4	30.3	29.3	28.1	27.2	26.3	25.5	24.6	23.8	23.1	22.4	21.6	21.0	20.4	19.8	19.2	18.7	18.2	17.7
135	61.4	32.6	31.5	30.4	29.2	28.3	27.3	26.4	25.6	24.7	24.0	23.2	22.5	21.8	21.2	20.6	20.0	19.4	18.9	18.4
140	63.6	33.8	32.6	31.5	30.3	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.8	22.6	21.9	21.4	20.7	20.1	19.6	19.1
145	65.9	35.1	33.8	32.5	31.4	30.1	29.3	28.4	27.5	26.6	25.7	25.0	24.1	23.5	22.7	22.1	21.5	20.9	20.3	19.7
150	68.2	36.3	35.0	33.8	32.5	31.4	30.3	29.4	28.4	27.5	26.6	25.8	25.0	24.3	23.5	22.9	22.2	21.6	21.0	20.4
155	70.5	37.5	36.1	34.9	33.5	32.5	31.3	30.4	29.4	28.4	27.5	26.7	25.8	25.1	24.3	23.6	22.9	22.3	21.7	21.1
160	72.7	38.7	37.3	36.0	34.6	33.5	32.3	31.3	30.3	29.3	28.4	27.5	26.6	25.9	25.1	24.4	23.7	23.0	22.4	21.8
165	75.0	39.9	38.5	37.1	35.7	34.6	33.3	32.3	31.3	30.2	29.3	28.4	27.5	26.7	25.9	25.2	24.4	23.7	23.1	22.5
170	77.3	41.1	39.6	38.3	36.8	35.6	34.3	33.3	32.2	31.2	30.2	29.3	28.3	27.5	26.6	25.9	25.2	24.5	23.8	23.1
175	79.5	42.3	40.8	39.4	37.9	36.7	35.4	34.3	33.1	32.1	31.1	30.1	29.1	28.3	27.4	26.7	25.9	25.2	24.5	23.8
180	81.8	43.5	42.0	40.5	39.0	37.7	36.4	35.3	34.1	33.0	32.0	31.0	30.0	29.1	28.2	27.5	26.7	25.9	25.2	24.5
185	84.1	44.7	43.1	41.6	40.0	38.8	37.4	36.2	35.0	33.9	32.8	31.9	30.8	29.9	29.0	28.2	27.4	26.6	25.9	25.2
190	86.4	45.9	44.3	42.8	41.1	39.8	38.4	37.2	36.0	34.8	33.7	32.7	31.6	30.7	29.8	29.0	28.1	27.3	26.6	25.9
195	88.6	47.1	45.5	43.9	42.2	40.8	39.4	37.2	36.9	35.9	34.6	33.6	32.5	31.5	30.6	29.7	28.9	28.0	27.3	26.5
200	90.9	48.4	46.6	45.0	43.3	41.9	40.4	39.2	37.9	36.7	35.5	34.4	33.3	32.4	31.3	30.5	29.6	28.8	28.0	27.2
205	93.2	49.6	47.8	46.1	44.4	42.9	41.4	40.2	38.8	37.6	36.4	35.3	34.1	33.2	32.1	31.3	30.4	29.5	28.7	27.9
210	95.5	50.8	49.0	47.3	45.5	44.0	42.4	41.1	39.8	38.5	37.3	36.2	35.0	34.0	32.9	32.0	31.1	30.2	29.4	28.6
215	97.7	52.0	50.1	48.4	46.5	45.0	43.4	42.1	40.7	39.4	38.2	37.0	35.8	34.8	33.7	32.8	31.8	30.9	30.1	29.3
220	100.0	53.2	51.3	49.5	47.6	46.1	44.4	43.1	41.7	40.3	39.1	37.9	36.6	35.6	34.5	33.6	32.6	31.6	30.8	29.9
225	102.3	54.4	52.4	50.6	48.7	47.1	45.5	44.1	42.6	41.2	40.0	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.5	30.6
230	104.5	55.6	53.6	51.8	49.8	48.2	46.5	45.1	43.6	42.2	40.8	39.6	38.3	37.2	36.1	35.1	34.1	33.1	32.2	31.3
235	106.8	56.8	54.8	52.9	50.9	49.2	47.5	46.0	44.5	43.1	41.7	40.5	39.1	38.0	36.8	35.8	34.8	33.8	32.9	32.0
240	109.1	58.0	55.9	54.0	51.9	50.3	48.5	47.0	45.5	44.0	42.6	41.3	40.0	38.8	37.6	36.6	35.5	34.5	33.6	32.7
245	111.4	59.2	57.1	55.1	53.0	51.3	49.5	48.0	46.4	44.9	43.5	42.2	40.8	39.6	38.4	37.4	36.3	35.2	34.3	33.3
250	116.6	60.4	58.3	56.3	54.1	52.4	50.5	49.0	47.3	45.8	44.4	43.0	41.6	40.4	39.2	38.1	37.0	36.0	35.0	34.0

