



# Adult Weight Management Guideline (≥18 Years)

## BMI Chart

### Body Mass Index Chart

Note: The BMI does not take into account the difference between lean and fat body mass. Therefore, it is possible for a healthy, muscular individual with very low body fat to be classified as overweight or obese using the BMI formula.

### BMI for patients weighing 100–145 lb

		Height (in)																						
		58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76				
Weight (lb)	100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12	<b>Underweight</b> (BMI <19)			
	105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13	<b>Normal Weight</b> (BMI 19–24)			
	110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	14	<b>Overweight</b> (BMI 25–29)			
	115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14	<b>Obesity Class I</b> (BMI 30–34)			
	120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	<b>Obesity Class II</b> (BMI 35–39)			
	125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15	<b>Obesity Class III</b> (BMI ≥40)			
	130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16				
	135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16				
	140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17				
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18					

### BMI for patients weighing 150–195 lb

Height (in)

	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight (lb) 150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24

Underweight (BMI <19)
Normal Weight (BMI 19–24)
Overweight (BMI 25–29)
Obesity Class I (BMI 30–34)
Obesity Class II (BMI 35–39)
Obesity Class III (BMI ≥40)

### BMI for patients weighing 200–245 lb

Height (in)

	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight (lb) 200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30

Underweight (BMI <19)
Normal Weight (BMI 19–24)
Overweight (BMI 25–29)
Obesity Class I (BMI 30–34)
Obesity Class II (BMI 35–39)
Obesity Class III (BMI ≥40)

### BMI for patients weighing 250–295 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49	47	46	44	43	42	41	40	38	37	36	35	34	34
280	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34
285	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35
290	61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37	36	35
295	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36

- Underweight (BMI <19)
- Normal Weight (BMI 19–24)
- Overweight (BMI 25–29)
- Obesity Class I (BMI 30–34)
- Obesity Class II (BMI 35–39)
- Obesity Class III (BMI ≥40)

### BMI for patients weighing 300–345 lb

Height (in)

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

Weight (lb)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
300	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37
305	64	62	60	58	56	54	52	51	49	48	46	45	44	43	41	40	39	38	37
310	65	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38
315	66	64	62	60	58	56	54	52	51	49	48	47	45	44	43	42	40	39	38
320	67	65	62	60	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39
325	68	66	63	61	59	58	56	54	52	51	49	48	47	45	44	43	42	41	40
330	69	67	64	62	60	58	57	55	53	52	50	49	47	46	45	44	42	41	40
335	70	68	65	63	61	59	58	56	54	52	51	49	48	47	45	44	43	42	41
340	71	69	66	64	62	60	58	57	55	53	52	50	49	47	46	45	44	42	41
345	72	70	67	65	63	61	59	57	56	54	52	51	50	48	47	46	44	43	42

- Underweight (BMI <19)
- Normal Weight (BMI 19–24)
- Overweight (BMI 25–29)
- Obesity Class I (BMI 30–34)
- Obesity Class II (BMI 35–39)
- Obesity Class III (BMI ≥40)

## BMI for patients weighing 350–400 lb

Height (in)

		58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight (lb)	350	73	71	68	66	64	62	60	58	56	55	53	52	50	49	47	46	45	44	43
	355	74	72	69	67	65	63	61	59	57	56	54	52	51	50	48	47	46	44	43
	360	75	73	70	68	66	64	62	60	58	56	55	53	52	50	49	47	46	45	44
	365	76	74	71	69	67	65	63	61	59	57	55	54	52	51	50	48	47	46	44
	370	77	75	72	70	68	66	64	62	60	58	56	55	53	52	50	49	48	46	45
	375	78	76	73	71	69	66	64	62	61	59	57	55	54	52	51	49	48	47	46
	380	79	77	74	72	70	67	65	63	61	60	58	56	55	53	52	50	49	47	46
	385	80	78	75	73	70	68	66	64	62	60	59	57	55	54	52	51	49	48	47
	390	82	79	76	74	71	69	67	65	63	61	59	58	56	54	53	51	50	49	47
	395	83	80	77	75	72	70	68	66	64	62	60	58	57	55	54	52	51	49	48
	400	84	81	78	76	73	71	69	67	65	63	61	59	57	56	54	53	51	50	49

**Underweight** (BMI <19)

**Normal Weight** (BMI 19–24)

**Overweight** (BMI 25–29)

**Obesity Class I** (BMI 30–34)

**Obesity Class II** (BMI 35–39)

**Obesity Class III** (BMI ≥40)