

To determine your body mass index (BMI):

1. Find weight on the left hand side
2. Read across from weight to the right
3. Find your correct height on the top row and connect the numbers. This is BMI

		Height (Inches)																		
		60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78
Weight (Pounds)	180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	21
	200	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24	24	23
	220	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
	240	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29	29	28
	260	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32	31	30
	280	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32
	300	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37	36	35
	320	63	61	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39	38	37
	340	66	64	62	60	58	57	55	53	52	50	49	47	46	45	44	43	41	40	39
	360	70	68	66	64	62	60	58	56	55	53	52	50	49	48	46	45	44	43	42
	380	74	72	70	67	65	63	61	60	58	56	55	53	52	50	49	48	46	45	44
	400	78	76	73	71	69	67	65	63	61	59	57	56	54	53	51	50	49	47	46
	420	82	79	77	74	72	70	68	66	64	62	60	59	57	55	54	53	51	50	49
	440	86	83	81	78	76	73	71	69	67	65	63	62	60	58	57	55	54	52	51
	460	90	87	84	82	79	77	74	72	70	68	66	64	62	61	59	58	56	55	53
	480	94	91	88	85	83	80	78	75	73	71	69	67	65	63	62	60	58	57	56
500	98	95	91	89	86	83	81	78	76	74	72	70	68	66	64	63	61	59	58	