

Body Mass Index (BMI) Metric Chart

	Normal Weight						Overweight					Obese					
BMI Value:	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height cms (meters)	Body Weight (kilograms)																
147cm (1.47m)	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
150cm (1.50m)	43	45	47	49	52	54	56	58	60	63	65	67	69	72	74	76	78
152cm (1.52m)	44	46	49	51	54	56	58	60	63	65	67	69	72	74	76	79	81
155cm (1.55m)	45	48	50	53	55	57	60	62	65	67	69	72	74	77	79	82	84
157cm (1.57m)	47	49	52	54	57	59	62	64	67	69	72	74	77	79	82	84	87
160cm (1.60m)	49	51	54	56	59	61	64	66	69	72	74	77	79	82	84	87	89
163cm (1.63m)	50	53	55	58	61	64	66	68	71	74	77	79	82	84	87	89	93
165cm (1.65m)	52	54	57	60	63	65	68	71	73	76	79	82	84	87	90	93	95
168cm (1.68m)	54	56	59	62	64	67	70	73	76	78	81	84	87	90	93	95	98
170cm (1.70m)	55	57	61	64	66	69	72	75	78	81	84	87	90	93	96	98	101
172cm (1.72m)	57	59	63	65	68	72	74	78	80	83	86	89	92	95	98	101	104
175cm (1.75m)	58	61	64	68	70	73	77	80	83	86	89	92	95	98	101	104	107
178cm (1.78m)	60	63	66	69	73	76	79	82	85	88	92	95	98	101	104	107	110
180cm (1.80m)	62	65	68	71	75	78	81	84	88	91	94	98	101	104	107	110	113
183cm (1.83m)	64	67	70	73	77	80	83	87	90	93	97	100	103	107	110	113	117
185cm (1.85m)	65	68	72	75	79	83	86	89	93	96	99	103	107	110	113	117	120
188cm (1.88m)	67	70	74	78	81	84	88	92	95	99	102	106	109	113	116	120	123
191cm (1.91m)	69	73	76	80	83	87	91	94	98	102	105	109	112	116	120	123	127
193cm (1.93m)	71	74	78	82	86	89	93	97	100	104	108	112	115	119	123	127	130
Height cms (meters)	Body Weight (kilograms)																
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