



Body Mass Index

FIT FACTS

HEIGHT	NORMAL RANGE Weight in Pounds	OVERWEIGHT RANGE Weight in Pounds	OBESE RANGE Weight in Pounds
4'	58.6 - 79.2	79.3 - 95.0	>95.1
4'1"	61.1 - 82.5	82.6 - 99.0	>99.1
4'2"	63.6 - 85.9	86.0 - 103.1	>103.2
4'3"	66.2 - 89.4	89.5 - 107.3	>107.4
4'4"	68.8 - 92.9	93.0 - 111.5	>111.6
4'5"	71.5 - 96.6	96.7 - 115.9	>116.0
4'6"	74.2 - 100.2	100.3 - 120.3	>120.4
4'7"	76.9 - 104.0	104.1 - 124.8	>124.9
4'8"	79.8 - 107.8	107.9 - 129.4	>129.5
4'9"	82.6 - 111.7	111.8 - 134.0	>134.1
4'10"	85.6 - 115.6	115.7 - 138.8	>138.9
4'11"	88.5 - 119.7	119.8 - 143.6	>143.7
5'	91.6 - 123.8	123.9 - 148.5	>148.6
5'1"	94.7 - 127.9	128.0 - 153.5	>153.6
5'2"	97.8 - 132.1	132.2 - 158.6	>158.7
5'3"	101.0 - 136.4	136.5 - 163.7	>163.8
5'4"	104.2 - 140.8	140.9 - 169.0	>169.1
5'5"	107.5 - 145.2	145.3 - 174.3	>174.4
5'6"	110.8 - 149.7	149.8 - 179.7	>179.8
5'7"	114.2 - 154.3	154.4 - 185.2	>185.3
5'8"	117.6 - 158.9	159.0 - 190.7	>190.8
5'9"	121.1 - 163.7	163.8 - 196.4	>196.5
5'10"	124.6 - 168.4	168.5 - 202.1	>202.2
5'11"	128.2 - 173.3	173.4 - 207.9	>208.0
6'	131.9 - 178.2	178.3 - 213.8	>213.9
6'1"	135.6 - 183.2	183.3 - 219.8	>219.9
6'2"	139.3 - 188.2	188.3 - 225.9	>226.0
6'3"	143.1 - 193.4	193.5 - 232.0	>232.1
6'4"	146.9 - 198.5	198.6 - 238.3	>238.4
6'5"	150.8 - 203.8	203.9 - 244.6	>244.7
6'6"	154.8 - 209.1	209.2 - 251.0	>251.1
6'7"	158.8 - 214.5	214.6 - 257.4	>257.5
6'8"	162.8 - 220.0	220.1 - 264.0	>264.1
6'9"	166.9 - 225.5	225.6 - 270.6	>270.7
6'10"	171.0 - 231.1	231.2 - 277.4	>277.5
6'11"	175.2 - 236.8	236.9 - 284.2	>284.3
7'	179.5 - 242.5	242.6 - 291.1	>291.2
BMI RANGE	18.5 - 24.9	25.0 - 29.9	30.0 - 34.9