



# BMI Chart & Body Fat Percentage Guidelines

## General Body Mass Index (BMI) Guidelines

| Height | Minimal risk<br>(BMI under 25) | Moderate risk<br>(BMI 25–29.9) | High risk<br>(BMI 30 and above) |
|--------|--------------------------------|--------------------------------|---------------------------------|
| 4'10"  | 118 lbs. or less               | 119–142 lbs.                   | 143 lbs. or more                |
| 4'11"  | 123 or less                    | 124–147                        | 148 or more                     |
| 5'0"   | 127 or less                    | 128–152                        | 153 or more                     |
| 5'1"   | 131 or less                    | 132–157                        | 158 or more                     |
| 5'2"   | 135 or less                    | 136–163                        | 164 or more                     |
| 5'3"   | 140 or less                    | 141–168                        | 169 or more                     |
| 5'4"   | 144 or less                    | 145–173                        | 174 or more                     |
| 5'5"   | 149 or less                    | 150–179                        | 180 or more                     |
| 5'6"   | 154 or less                    | 155–185                        | 186 or more                     |
| 5'7"   | 158 or less                    | 159–190                        | 191 or more                     |
| 5'8"   | 163 or less                    | 164–196                        | 197 or more                     |
| 5'9"   | 168 or less                    | 169–202                        | 203 or more                     |
| 5'10"  | 173 or less                    | 174–208                        | 209 or more                     |
| 5'11"  | 178 or less                    | 179–214                        | 215 or more                     |
| 6'0"   | 183 or less                    | 184–220                        | 221 or more                     |
| 6'1"   | 188 or less                    | 189–226                        | 227 or more                     |
| 6'2"   | 193 or less                    | 194–232                        | 233 or more                     |
| 6'3"   | 199 or less                    | 200–239                        | 240 or more                     |
| 6'4"   | 204 or less                    | 205–245                        | 246 or more                     |

## General Body-fat Percentage Categories

| Classification | Women (% fat)  | Men (% fat)    |
|----------------|----------------|----------------|
| Essential fat  | 10 – 13%       | 2 – 5%         |
| Athletes       | 14 – 20%       | 6 – 13%        |
| Fitness        | 21 – 24%       | 14 – 17%       |
| Average        | 25 – 31%       | 18 – 24%       |
| Obese          | 32% and higher | 25% and higher |

