

# YOUR BMI

**BMI stands for Body Mass Index.** It gives you an idea of whether you're underweight, overweight or an ideal weight for your height.

**To look up your BMI,** find your height at the top or bottom of the chart. Follow the column up or down until you reach your weight to get your BMI rating. This is an approximate guide.

		height (m)															
		1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98
weight (kgs)	150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38
	148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38
	146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37
	144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37
	142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36
	140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36
	138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35
	136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35
	134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34
	132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34
	130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33
	128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33
	126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32
	124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32
	122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31
	120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31
	118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30
	116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30
	114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29
	112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29
	110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28
	108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28
	106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27
	104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27
	102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26
	100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26
	98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25
	96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24
	94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24
	92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23
90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	
88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	
48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	
36	19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	

VERY OVERWEIGHT

OVERWEIGHT

HEALTHY

UNDER WEIGHT