

*[Your BMI Calculator and chart from
www.BiggestLoserPlan.com](http://www.BiggestLoserPlan.com)*

Body Mass Index

The body mass index is calculated from a ratio of your body's weight to height. More explicitly it is the ratio of the body's weight in kilograms to the body's height in metres.

$$\frac{\text{Weight in Kg}}{\text{Height in m}^2}$$

To convert your body weight from pounds to kilos divide by 2.2

To convert your height to metres, convert it to inches and then divide by 40.

The following tables contain the BMI values in both Inches and Metres

Imperial BMI chart

Height in inches

	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
90	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13
92	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13
94	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13
96	21	20	19	19	18	18	17	17	16	16	15	15	14	14	13
98	21	20	20	19	19	18	17	17	16	16	15	15	15	14	14
100	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14
102	22	21	21	20	19	19	18	18	17	17	16	16	15	15	14
104	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15
106	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15
108	23	23	22	21	20	20	19	19	18	17	17	16	16	16	15
110	24	23	22	21	21	20	20	19	18	18	17	17	16	16	15
112	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16
114	25	24	23	22	22	21	20	20	19	18	18	17	17	16	16
116	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
118	26	25	24	23	22	22	21	20	20	19	19	18	18	17	17
120	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17
122	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17
124	27	26	25	24	23	23	22	21	21	20	20	19	18	18	17
126	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18
128	28	27	26	25	24	23	23	22	21	21	20	20	19	18	18
130	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18
132	29	28	27	26	25	24	23	23	22	21	21	20	20	19	19
134	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19
136	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19
138	30	29	28	27	26	25	25	24	23	22	22	21	20	20	19
140	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20
142	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20
144	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20
146	32	31	29	29	28	27	26	25	24	24	23	22	22	21	20
148	32	31	30	29	28	27	26	25	25	24	23	23	22	21	21
150	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
152	33	32	31	30	29	28	27	26	25	25	24	23	23	22	21
154	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
156	34	33	32	30	30	29	28	27	26	25	25	24	23	23	22
158	34	33	32	31	30	29	28	27	26	26	25	24	23	23	22
160	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22
162	35	34	33	32	31	30	29	28	27	26	25	25	24	23	23
164	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
166	36	35	34	32	31	30	29	29	28	27	26	25	25	24	23
168	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24
170	37	36	34	33	32	31	30	29	28	28	27	26	25	25	24
172	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24
174	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24
176	38	37	36	34	33	32	31	30	29	29	28	27	26	25	25
178	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25
180	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25
182	39	38	37	36	34	33	32	31	30	29	29	28	27	26	26
184	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26
186	40	39	38	36	35	34	33	32	31	30	29	28	28	27	26
188	41	39	38	37	36	34	33	32	31	30	30	29	28	27	26

Weight in pounds

190	41	40	38	37	36	35	34	33	32	31	30	29	28	27	27
192	42	40	39	38	36	35	34	33	32	31	30	29	28	28	27
194	42	41	39	38	37	36	34	33	32	31	31	30	29	28	27
196	42	41	40	38	37	36	35	34	33	32	31	30	29	28	27
198	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28
200	43	42	40	39	38	37	36	34	33	32	31	31	30	29	28
202	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28
204	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29
206	45	43	42	40	39	38	37	35	34	33	32	31	31	30	29
208	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29
210	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29
212	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30
214	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30
216	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30
218	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31
220	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31

These tables are produced by www.BiggestLoserPlan.com

Metric BMI chart

Height in cms

Weight in kilos

	150	152.5	155	157.5	160	162.5	165	167.5	170	172.5	175	177.5	180	182.5	185
40	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12
41	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12
42	19	18	17	17	16	16	15	15	15	14	14	13	13	13	12
43	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13
44	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13
45	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13
46	20	20	19	19	18	17	17	16	16	15	15	15	14	14	13
47	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14
48	21	21	20	19	19	18	18	17	17	16	16	15	15	14	14
49	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14
50	22	21	21	20	20	19	18	18	17	17	16	16	15	15	15
51	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15
52	23	22	22	21	20	20	19	19	18	17	17	17	16	16	15
53	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15
54	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
55	24	24	23	22	21	21	20	20	19	18	18	17	17	17	16
56	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
57	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17
58	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17
59	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17
60	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
61	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18
62	28	27	26	25	24	23	23	22	21	21	20	20	19	19	18
63	28	27	26	25	25	24	23	22	22	21	21	20	19	19	18
64	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
65	29	28	27	26	25	25	24	23	22	22	21	21	20	20	19
66	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19
67	30	29	28	27	26	25	25	24	23	23	22	21	21	20	20
68	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20
69	31	30	29	28	27	26	25	25	24	23	23	22	21	21	20
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79	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
80	36	34	33	32	31	30	29	29	28	27	26	25	25	24	23
81	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24
82	36	35	34	33	32	31	30	29	28	28	27	26	25	25	24
83	37	36	35	33	32	31	30	30	29	28	27	26	26	25	24
84	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25
85	38	37	35	34	33	32	31	30	29	29	28	27	26	26	25

86	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25
87	39	37	36	35	34	33	32	31	30	29	28	28	27	26	25
88	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26
89	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26
90	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26
91	40	39	38	37	36	34	33	32	31	31	30	29	28	27	27
92	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27
93	41	40	39	37	36	35	34	33	32	31	30	30	29	28	27
94	42	40	39	38	37	36	35	34	33	32	31	30	29	28	27
95	42	41	40	38	37	36	35	34	33	32	31	30	29	29	28
96	43	41	40	39	38	36	35	34	33	32	31	30	30	29	28
97	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28
98	44	42	41	40	38	37	36	35	34	33	32	31	30	29	29
99	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29
100	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29
101	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30
102	45	44	42	41	40	39	37	36	35	34	33	32	31	31	30
103	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
104	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30
105	47	45	44	42	41	40	39	37	36	35	34	33	32	32	31

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Start Date _____

www.BiggestLoserPlan.com

BMI Diet Chart																												
50	Morbidly Obese																											
45																												
40	Obese																											
35																												
30	Overweight / At Risk																											
25	Overweight																											
20	Average																											
15	Underweight																											
10	Emaciated																											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26		
	Week Number																											