






## Body Mass Index Table (BMI Table)

Height	4'10" (58")	4'11" (59")	5'0" (60")	5'1" (61")	5'2" (62")	5'3" (63")	5'4" (64")	5'5" (65")	5'6" (66")	5'7" (67")	5'8" (68")	5'9" (69")	5'10" (70")	5'11" (71")	6'0" (72")	6'1" (73")	6'2" (74")	6'3" (75")	6'4" (76")
Weight(lbs)	BMI Index																		
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12
105	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13
110	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13
115	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
160	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19
165	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23
195	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24
200	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26
215	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27
225	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27
230	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28
235	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29
245	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30
250	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32
265	55	54	52	50	48	47	45	44	43	42	40	39	38	37	36	35	34	33	32
270	56	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	57	56	54	52	50	49	47	46	44	43	42	41	39	38	37	36	35	34	33

<b>Location:</b>	<b>Hours :</b>
Dr Joanna Lin	Mon 9:00 am - Noon, 2:00 pm - 6:00 pm
23525 Golden Springs Dr. Suite #B	Tue 9:00 am - Noon, 2:00 pm - 6:00 pm
Diamond Bar, CA 91765	Wed 9:00 am - Noon, 2:00 pm - 6:00 pm
Tel 909.860.1340	Thu 9:00 am - Noon, 2:00 pm - 6:00 pm
website: <a href="http://www.DrJoannaLin.com">www.DrJoannaLin.com</a>	Fri 9:00 am - Noon, 2:00 pm - 6:00 pm
	Sat 9:00 am - Noon

The table is provided by Dr Joanna Lin.

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Legend	Weight Status	BMI Index Range
	Underweight	Below 18.5
	Normal	Between 18.5 - 25.0
	Overweight	Between 25.0 - 30.0
	Obese	Between 30.0 - 35.0
	Extreme Obese	Over 35.0

**BMI Formula**

English: BMI = ( Weight in Pounds / ( Height in inches x Height in inches ) ) x 703

Metric: BMI = ( Weight in Kilograms / ( Height in Meters x Height in Meters ) )