

# BMI Chart for Women by Age

Patient information		
Name:		Date:
Date of birth:	Age:	Gender:
Weight:	Height:	BMI:
Referring physician:		

Height	Normal BMI of 19-24	Overweight BMI of 25-29	Obese BMI of 30 - 39	Extreme obesity BMI of 40 - 54
58 in	95 - 115 lbs	119 - 138 lbs	143 - 186 lbs	191 - 258 lbs
59 in	94 - 119 lbs	124 - 143 lbs	148 - 193 lbs	198 - 267 lbs
60 in	97 - 123 lbs	128 - 148 lbs	153 - 199 lbs	204 - 276 lbs
61 in	100 - 127 lbs	132 - 153 lbs	158 - 206 lbs	211 - 285 lbs
62 in	104 - 131 lbs	136 - 158 lbs	164 - 213 lbs	218 - 295 lbs
63 in	107 - 135 lbs	141 - 163 lbs	169 - 220 lbs	225 - 304 lbs
64 in	110 - 140 lbs	145 - 169 lbs	174 - 227 lbs	232 - 314 lbs
65 in	114 - 144 lbs	150 - 174 lbs	180 - 234 lbs	140 - 324 lbs
66 in	118 - 148 lbs	155 - 179 lbs	186 - 241 lbs	247 - 334 lbs
67 in	121 - 153 lbs	159 - 185 lbs	191 - 249 lbs	255 - 344 lbs
68 in	125 - 158 lbs	164 - 190 lbs	197 - 256 lbs	262 - 354 lbs
69 in	128 - 162 lbs	169 - 196 lbs	203 - 263 lbs	270 - 365 lbs
70 in	132 - 167 lbs	174 - 202 lbs	209 - 271 lbs	278 - 376 lbs
71 in	136 - 172 lbs	179 - 208 lbs	215 - 279 lbs	286 - 386 lbs
72 in	140 - 177 lbs	184 - 213 lbs	221 - 287 lbs	294 - 397 lbs
73 in	144 - 182 lbs	189 - 219 lbs	227 - 295 lbs	302 - 408 lbs
74 in	148 - 186 lbs	194 - 225 lbs	233 - 303 lbs	311 - 420 lbs
75 in	152 - 192 lbs	200 - 232 lbs	240 - 311 lbs	319 - 431 lbs
76 in	156 - 197 lbs	205 - 238 lbs	246 - 320 lbs	328 - 443 lbs

**Disclaimer:** This BMI chart only shows the general range of BMI based on height and weight as age is not a factor in determining BMI.

## Notes

### Reference:

National Heart, Lung, and Blood Institute. (2019). *Body mass index table 1*.  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmi\\_tbl.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm)