

Body Mass Index Chart for Men

Patient information

Name:

Date of birth:

Age:

Height:

Current weight:

Date of assessment:

Overview

The Body Mass Index (BMI) chart for men is a quick reference tool that helps medical professionals estimate body fat and related health risks using height and weight. BMI is calculated as:

- $\text{BMI} = \text{Height (m)} / \text{Weight (kg)}$
- A BMI calculator can provide more precise results.

Please use the chart on the next page as a reference.

BMI interpretation

Weight status	Body mass index
Underweight	Below 18.5
Normal weight	18.5 to 24.9
Overweight	25.0 to 29.9
Obese	30.0 and Above

Additional notes

Obese (>30)
 Overweight (25-30)
 Normal (18.5-25)
 Underweight (<18.5)

Weight		Height in feet/inches and centimeters																			
		4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"
		142 cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
lbs	(kg)																				
260	(117.9)	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32
255	(115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32
250	(113.4)	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31
245	(111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	30
240	(108.9)	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30
235	(106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29
230	(104.3)	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28
225	(102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28
220	(99.8)	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27
215	(97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27
210	(95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26
205	(93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	25
200	(90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25
195	(88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24
190	(86.2)	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	23
185	(83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
180	(81.6)	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22
175	(79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	21
170	(77.1)	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
165	(74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20
160	(72.6)	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
155	(70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19
150	(68.0)	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	18
145	(65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	18	17
140	(63.5)	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	17	17
135	(61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	17	17	16
130	(59.0)	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	17	17	16	15
125	(56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	15
120	(54.4)	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	14
115	(52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14
110	(49.9)	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	13
105	(47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	12
100	(45.4)	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12
95	(43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	11
90	(40.8)	20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11
85	(38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	10
80	(36.3)	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	10	10	9

American Heart Association. (2024). *Body mass index (BMI) in adults*. <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>

Ramsay Health Care. (n.d.). *BMI for men | Body mass index | Ramsay Health Care UK*. <https://www.ramsayhealth.co.uk/treatments/weight-loss-surgery/bmi/bmi-for-men>