Men's BMI Chart

Name: Alan Jones

Date of Birth: 11/05/1978

Height: 6'1" Weight: 255

lbs	kgs																					
270	123	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30	30
265	120	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	31	30	29
260	118	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32	31	30	29	29
255	116	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30	29	29	28
250	113	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30	29	28	28
245	111	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29	28	28	27
240	109	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28	28	27	26
235	107	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
230	104	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	25
225	102	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27	26	25	25
220	100	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	28	27	26	25	25	24
215	98	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25	25	24	24
210	95	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25	24	24	23
205	93	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24	24	23	23
200	91	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24	23	22	22
195	89	38	37	36	35	33	32	32	31	30	29	28	27	26	26	25	24	24	23	23	22	21
190	86	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	21
185	84	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	21	20
180	82	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
175	79	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19
170	77	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19
165	75	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	19	19	18
160	73	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19	19	18	18
155	70	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17
150	68	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18	17	17	17
145	66	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17	17	16	16
140	64	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17	16	16	15
135	61	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16	16	15	15
130	59	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15	15	15	14
125	57	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15	14	14	14
120	54	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13
115	52	22	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13
110	50	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13	13	12	12
105	48	20	20	19	19	18	17	17	16	16	15	15	15	14	14	13	13	13	12	12	12	12
100	45	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11	11
	cm	152	155	158	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	198	201	203
	ft/in	5'	5' 1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"	6'7"	6'8"

Weight

Height

Additional Notes

BMI = 34, BMI is within range for obesity.
Alan has complained of discomfort when lying down, and his partner says his snoring is disturbing her sleep.
I have referred Alan to a nutritionist in his area, and recommended some exercise options.

Clinician Name: Jane Low