

# Obesity Chart

Patient information	
Name:	Age:
Gender:	Date:
Height (inches):	Weight (lbs):
BMI:	
Waist circumference:	Body fat percentage:
Additional notes	
Healthcare provider:	Signature:

## Reference ranges

Body mass index		Average body fat percentage by age		
BMI	Classification	Age	Boys/Men	Girls/Women
Below 18.5	Underweight	8-11	28.0%	31.9%
18.5 to 24.9	Normal weight	12-15	25.2%	32.5%
25.0 to 29.9	Pre-obesity	16-19	22.9%	34.8%
30.0-34.9	Obesity class I	20-39	26.1%	37.8%
35.0-39.9	Obesity class II	40-59	28.6%	40.5%
Above 40	Obesity class III	60-79	30.8%	42.4%
		80 and above	30.7%	40.4%
Waist circumference threshold				
BMI		Men	Women	
Normal weight (18.5–24.9)		≥90	≥80	
Overweight (25–29.9)		≥100	≥90	
Obese I (30–34.9 )		≥110	≥105	

## References

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