

BMI Reference Chart & Tracker

Body Mass Index categories, healthy-weight guide & log

BMI Categories

BMI Range	Category	What it means
Below 18.5	Underweight	May signal under-nutrition; worth a check-in.
18.5 - 24.9	Normal weight	Healthy-weight range for most adults.
25.0 - 29.9	Overweight	Raised risk; small changes help.
30.0 and above	Obese	Higher health risk; see a professional.

Healthy-Weight Quick Reference (BMI 18.5 to 24.9)

Height	Healthy weight (kg)	Healthy weight (lb)
155 cm (5'1")	44 - 60 kg	98 - 132 lb
160 cm (5'3")	47 - 64 kg	104 - 141 lb
165 cm (5'5")	50 - 68 kg	111 - 149 lb
170 cm (5'7")	53 - 72 kg	118 - 159 lb
175 cm (5'9")	57 - 76 kg	125 - 168 lb
180 cm (5'11")	60 - 81 kg	132 - 178 lb
185 cm (6'1")	63 - 85 kg	140 - 188 lb
190 cm (6'3")	67 - 90 kg	147 - 198 lb

My BMI Tracker

Date	Weight	BMI	Notes

BMI is a screening estimate, not a diagnosis, and does not measure body fat directly. Very muscular people may read high. Use it as a starting point and talk to a healthcare professional about your individual health.