

How To Determine BMI

HEIGHT (FEET)	WEIGHT (POUNDS)																													
	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400
5'0"	50	51	52	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78
5'1"	48	49	50	51	52	53	54	55	56	57	58	59	60	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
5'2"	47	48	48	49	50	51	52	53	54	55	56	57	58	59	59	60	61	62	63	64	65	66	67	68	69	70	70	71	72	73
5'3"	45	46	47	48	49	50	50	51	52	53	54	55	56	57	58	58	59	60	61	62	63	64	65	66	66	67	68	69	70	71
5'4"	44	45	45	46	47	48	49	50	51	51	52	53	54	55	56	57	58	58	59	60	61	62	63	64	64	65	66	67	68	69
5'5"	42	43	44	45	46	47	47	48	49	50	51	52	52	53	54	55	56	57	57	58	59	60	61	62	62	63	64	65	66	67
5'6"	41	42	43	44	44	45	46	47	48	48	49	50	51	52	52	53	54	55	56	56	57	58	59	60	61	61	62	63	64	65
5'7"	40	41	42	42	43	44	45	45	46	47	48	49	49	50	51	52	52	53	54	55	56	56	57	58	59	60	60	61	62	63
5'8"	39	40	40	41	42	43	43	44	45	46	46	47	48	49	49	50	51	52	52	53	54	55	55	56	57	58	59	59	60	61
5'9"	38	38	39	40	41	41	42	43	44	44	45	46	47	47	48	49	49	50	51	52	52	53	54	55	55	56	57	58	58	59
5'10"	37	37	38	39	39	40	41	42	42	43	44	44	45	46	47	47	48	49	50	50	51	52	52	53	54	55	55	56	57	57
5'11"	36	36	37	38	38	39	40	40	41	42	43	43	44	45	45	46	47	47	48	49	50	50	51	52	52	53	54	54	55	56
6'0"	35	35	36	37	37	38	39	39	40	41	41	42	43	43	44	45	45	46	47	47	48	49	50	50	51	52	52	53	54	54
6'1"	34	34	35	36	36	37	38	38	39	40	40	41	42	42	43	44	44	45	46	46	47	47	48	49	49	50	51	51	52	53
6'2"	33	33	34	35	35	36	37	37	38	39	39	40	40	41	42	42	43	44	44	45	46	46	47	48	48	49	49	50	51	51
6'3"	32	32	33	34	34	35	36	36	37	37	38	39	39	40	41	41	42	42	43	44	44	45	46	46	47	47	48	49	49	50
6'4"	31	32	32	33	33	34	35	35	36	37	37	38	38	39	40	40	41	41	42	43	43	44	44	45	46	46	47	47	48	49

Source: Shape Up America!
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Here is a shortcut method for calculating BMI (if you are too short or too tall for the table)

Step 1) Multiply weight (in pounds) by 703

Step 2) Multiply height (in inches) by height (in inches)

Step 3) Divide the answer in step 1 by the answer in step 2 to get your BMI !!

Example: for a person who is 5 feet 5 inches tall weighing 149 lbs.

Step 1) $149 \times 703 = 104747$

Step 2) $65 \times 65 = 4225$

Step 3) $104747 \text{ divided by } 4225 = 24.8$ BMI = 25 (rounded off)