



personal touch fitness

Body Mass Index Chart

Underweight BMI below 18.5	Overweight BMI 25 to 30
Target Weight BMI 18.5 to 25	Obese BMI over 30

Height/ Weight	1.52m 5ft0	1.57m 5ft2	1.62m 5ft4	1.67m 5ft6	1.72m 5ft8	1.77m 5ft10	1.82m 6ft0	1.87m 6ft2	1.92m 6ft4
54kg 8st7	23.3	21.8	20.5	19.3	18.2	17.1	16.2	15.3	14.5
57kg 9st0	24.7	23.1	21.7	20.4	19.2	18.1	17.2	16.2	15.4
60kg 9st7	26.1	24.4	22.9	21.5	20.3	19.2	18.1	17.1	16.2
64kg 10st0	27.4	25.7	24.1	22.7	21.4	20.2	19.1	18.0	17.1
67kg 10st7	28.8	27.0	25.3	23.8	22.4	21.2	20.0	18.9	18.0
70kg 11st0	30.2	28.3	26.5	24.9	23.5	22.2	21.0	19.8	18.8
73kg 11st7	31.6	29.6	27.7	26.1	24.6	23.2	21.9	20.7	19.7
76kg 12st0	32.9	30.8	28.9	27.2	25.6	24.2	22.9	21.6	20.5
79kg 12st7	34.3	32.1	30.1	28.3	26.7	25.2	23.8	22.5	21.4
83kg 13st0	35.7	33.4	31.4	29.5	27.8	26.2	24.8	23.5	22.2
86kg 13st7	37.0	34.7	32.6	30.6	28.8	27.2	25.7	24.4	23.1
89kg 14st0	38.4	36.0	33.8	31.7	29.9	28.2	26.7	25.3	23.9
92kg 14st7	39.8	37.3	35.0	32.9	31.0	29.2	27.6	26.2	24.8
95kg 15st0	41.2	38.5	36.2	34.0	32.0	30.2	28.6	27.1	25.7
98kg 15st7	42.5	39.8	37.4	35.2	33.1	31.2	29.5	28.0	26.5
102kg 16st0	43.9	41.1	38.6	36.3	34.2	32.3	30.5	28.9	27.4