



**harpers**  
health & fitness

# Body Mass Index Chart

Weight Stones / Lbs	Height in Feet / Inches									
	4'10	5'0	5'2	5'4	5'6	5'8	5'10	6'0	6'2	6'4
7st 0	20.6	19.2	18.0	16.9	15.9	15.0	14.1	13.3	12.6	
7st 7	22.0	20.6	19.3	18.1	17.0	16.0	15.1	14.3	13.5	12.8
8st 0	23.5	22.0	20.6	19.3	18.1	17.1	16.1	15.2	14.4	13.7
8st 7	25.0	23.3	21.8	20.5	19.3	18.2	17.1	16.2	15.3	14.5
9st 0	26.4	24.7	23.1	21.7	20.4	19.2	18.1	17.2	16.2	15.4
9st 7	27.9	26.1	24.4	22.9	21.5	20.3	19.2	18.1	17.1	16.2
10st 0	29.4	27.4	25.7	24.1	22.7	21.4	20.2	19.1	18.0	17.1
10st 7	30.8	28.8	27.0	25.3	23.8	22.4	21.2	20.0	18.9	18.0
11st 0	32.3	30.2	28.3	26.5	24.9	23.5	22.2	21.0	19.8	18.8
11st 7	33.8	31.6	29.6	27.7	26.1	24.6	23.2	21.9	20.7	19.7
12st 0	35.2	32.9	30.8	28.9	27.2	25.6	24.2	22.9	21.6	20.5
12st 7	36.7	34.3	32.1	30.1	28.3	26.7	25.2	23.8	22.5	21.4
13st 0	38.2	35.7	33.4	31.4	29.5	27.8	26.2	24.8	23.5	22.2
13st 7	39.6	37.0	34.7	32.6	30.6	28.8	27.2	25.7	24.4	23.1
14st 0	41.1	38.4	36.0	33.8	31.7	29.9	28.2	26.7	25.3	23.9
14st 7	42.6	39.8	37.3	35.0	32.9	31.0	29.2	27.6	26.2	24.8
15st 0	44.0	41.2	38.5	36.2	34.0	32.0	30.2	28.6	27.1	25.7
15st 7	45.5	42.5	39.8	37.4	35.2	33.1	31.2	29.5	28.0	26.5
16st 0	47.0	43.9	41.1	38.6	36.3	34.2	32.3	30.5	28.9	27.4
16st 7	48.5	45.3	42.4	39.8	37.4	35.2	33.3	31.4	29.8	28.2
17st 0	49.9	46.6	43.7	41.0	38.6	36.3	34.3	32.4	30.7	29.1
17st 7	51.4	48.0	45.0	42.2	39.7	37.4	35.3	33.3	31.6	29.9
18st 0	52.9	49.4	46.3	43.4	40.8	38.5	36.3	34.3	32.5	30.8
18st 7	54.3	50.8	47.5	44.6	42.0	39.5	37.3	35.3	33.4	31.6
19st 0	55.8	52.1	48.8	45.8	43.1	40.6	38.3	36.2	34.3	32.5
19st 7	57.3	53.5	50.1	47.0	44.2	41.7	39.3	37.2	35.2	33.3
20st 0	58.7	54.9	51.4	48.2	45.4	42.7	40.3	38.1	36.1	34.2