

BMI Chart & Body Fat Percentage Guidelines

General Body Mass Index (BMI) Guidelines

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25–29.9)	High risk (BMI 30 and above)
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0"	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2"	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

General Body-fat Percentage Categories

Classification	Women (% fat)	Men (% fat)
Essential fat	10 – 13%	2 – 5%
Athletes	14 – 20%	6 – 13%
Fitness	21 – 24%	14 – 17%
Average	25 – 31%	18 – 24%
Obese	32% and higher	25% and higher