

Printable BMI Chart for Women

Height & Weight Color-Coded Reference Grid

Height	Underweight Below 18.5	Healthy Weight 18.5 – 24.9	Overweight 25.0 – 29.9	Obesity Class I 30.0 – 34.9	Obesity Class II & III 35.0 and Above
4'10" / 147 cm	Under 88 lbs Under 40 kg	89 – 118 lbs 40 – 53 kg	119 – 142 lbs 54 – 64 kg	143 – 166 lbs 65 – 75 kg	167+ lbs 76+ kg
4'11" / 150 cm	Under 91 lbs Under 41 kg	92 – 122 lbs 42 – 55 kg	123 – 147 lbs 56 – 66 kg	148 – 172 lbs 67 – 78 kg	173+ lbs 79+ kg
5'0" / 152 cm	Under 94 lbs Under 43 kg	95 – 127 lbs 43 – 57 kg	128 – 152 lbs 58 – 69 kg	153 – 178 lbs 70 – 80 kg	179+ lbs 81+ kg
5'1" / 155 cm	Under 97 lbs Under 44 kg	98 – 131 lbs 44 – 59 kg	132 – 157 lbs 60 – 71 kg	158 – 184 lbs 72 – 83 kg	185+ lbs 84+ kg
5'2" / 157 cm	Under 101 lbs Under 46 kg	102 – 135 lbs 46 – 61 kg	136 – 163 lbs 62 – 73 kg	164 – 190 lbs 74 – 86 kg	191+ lbs 87+ kg
5'3" / 160 cm	Under 104 lbs Under 47 kg	105 – 140 lbs 47 – 63 kg	141 – 168 lbs 64 – 76 kg	169 – 196 lbs 77 – 89 kg	197+ lbs 90+ kg
5'4" / 163 cm	Under 107 lbs Under 48 kg	108 – 144 lbs 49 – 65 kg	145 – 173 lbs 66 – 78 kg	174 – 202 lbs 79 – 91 kg	203+ lbs 92+ kg
5'5" / 165 cm	Under 111 lbs Under 50 kg	112 – 149 lbs 51 – 67 kg	150 – 179 lbs 68 – 81 kg	180 – 209 lbs 82 – 94 kg	210+ lbs 95+ kg
5'6" / 168 cm	Under 114 lbs Under 52 kg	115 – 153 lbs 52 – 69 kg	154 – 184 lbs 70 – 83 kg	185 – 215 lbs 84 – 97 kg	216+ lbs 98+ kg
5'7" / 170 cm	Under 118 lbs Under 53 kg	119 – 158 lbs 54 – 71 kg	159 – 190 lbs 72 – 86 kg	191 – 222 lbs 87 – 100 kg	223+ lbs 101+ kg
5'8" / 173 cm	Under 121 lbs Under 55 kg	122 – 163 lbs 55 – 73 kg	164 – 195 lbs 74 – 88 kg	196 – 228 lbs 89 – 103 kg	229+ lbs 104+ kg
5'9" / 175 cm	Under 125 lbs Under 57 kg	126 – 168 lbs 57 – 76 kg	169 – 201 lbs 77 – 91 kg	202 – 235 lbs 92 – 106 kg	236+ lbs 107+ kg
5'10" / 178 cm	Under 128 lbs Under 58 kg	129 – 172 lbs 58 – 78 kg	173 – 207 lbs 79 – 93 kg	208 – 242 lbs 94 – 109 kg	243+ lbs 110+ kg
5'11" / 180 cm	Under 132 lbs Under 60 kg	133 – 177 lbs 60 – 80 kg	178 – 213 lbs 81 – 96 kg	214 – 249 lbs 97 – 112 kg	250+ lbs 113+ kg
6'0" / 183 cm	Under 136 lbs Under 61 kg	137 – 182 lbs 62 – 82 kg	183 – 219 lbs 83 – 99 kg	220 – 256 lbs 100 – 116 kg	257+ lbs 117+ kg

BMI (Body Mass Index) is a screening tool based on height and weight and does not directly measure body fat, muscle mass, or overall health. It may not be accurate for athletes, pregnant women, older adults, or those with high muscle mass. Consult a healthcare provider for a full health assessment.