

# BMI calculator and tracker

Work out your body mass index (BMI) and find out what it means with this chart.

## How to calculate BMI

Your BMI is your weight divided by your height multiplied by itself. Here's how to work it out:

- 1 Use weighing scales to measure your weight in kilograms or stones. Find this number on the top of the chart.
- 2 Use a tape measure to work out your height in centimetres or feet and inches. Find this number on the left side of the chart.
- 3 Draw or trace a line down from your weight and across from your height to see which part of the chart they meet in. This will tell you your BMI.

## What's a healthy BMI?

Your BMI will be classed as 1 of 4 categories:

- ▶ Underweight – under 18.5 (the blue section on the chart).
- ▶ Healthy weight – 18.5 to 24.9 (the green section).
- ▶ Overweight – 25 to 29.9 (the yellow section).
- ▶ Obese – 30 and above (the red section).

If your BMI is classed as overweight, you have a higher risk of developing cardiovascular disease (CVD) and having a life-threatening event, such as a heart attack or stroke. If your BMI is obese, you're at an even higher risk. If your BMI is underweight, you may have a greater risk of health problems too. Speak to your GP if your BMI is classed as overweight, obese or underweight.

		Weight																																								
		lbs							kgs																																	
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	45	50	54	59	63	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132	
Height	ft/in	cm																																								
	4'8"	142	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65
	4'9"	145	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61
	4'10"	147	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	57	59
	4'11"	150	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	57	59	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57
	5'0"	152	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55
	5'1"	155	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53
	5'2"	158	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51
	5'3"	160	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50
	5'4"	163	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48
	5'5"	165	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47
	5'6"	168	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45
5'7"	170	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	
5'8"	173	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	
5'9"	175	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	
5'10"	178	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40	
5'11"	180	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	
6'0"	183	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	
6'1"	185	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	
6'2"	188	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	
6'3"	191	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	
6'4"	193	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	
6'5"	196	12	13	14	15	16	17	18	20	21	22	23	24	25	26	27	28	30	31	32	34	12	13	14	15	16	17	18	20	21	22	23	24	25	26	27	28	30	31	32	34	
6'6"	198	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	
6'7"	201	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	
6'8"	203	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	
6'9"	206	10	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	10	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
6'10"	208	10	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	10	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

Standard BMI chart for UK

# Ethnic background and BMI

People from different ethnic groups store body fat in different ways. This means people from an Asian, Black African, African-Caribbean or Middle Eastern ethnic background may have a higher risk of health problems at a lower BMI. Use the chart on the right to work out your risk:

- ▶ Underweight – under 18.5 (the blue section on the chart).
- ▶ Healthy weight – 18.5 to 22.9 (the green section).
- ▶ Overweight – 23 to 27.4 (the yellow section).
- ▶ Obese – 27.5 and above (the red section).

However, as there's less research on people from mixed backgrounds, these categories are broad. That's why it helps to look at other measures alongside BMI (see below).

## Is BMI accurate?

BMI alone does not determine your risk of CVD. This is because it does not measure where fat is in the body and cannot tell the difference between fat and muscle. BMI is inaccurate for:

- ▶ pregnant people
- ▶ people who have a lot of muscle
- ▶ people who have conditions that affect their height
- ▶ children and teenagers.

Excess fat around the waist can also increase your risk of CVD, even if your BMI is healthy. Working out your waist-to-height ratio may be a more accurate tool and it's suitable for all ages and ethnicities. Find out how to do this at [bhf.org.uk/waist](https://www.bhf.org.uk/waist)

		Weight																				
		lbs	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290
		kgs	45	50	54	59	63	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132
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	4'10"	147	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61
	4'11"	150	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	57	59
	5'0"	152	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57
	5'1"	155	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55
	5'2"	158	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53
	5'3"	160	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51
	5'4"	163	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50
	5'5"	165	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48
	5'6"	168	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47
	5'7"	170	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45
	5'8"	173	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44
	5'9"	175	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43
	5'10"	178	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42
	5'11"	180	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40
	6'0"	183	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39
	6'1"	185	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38
	6'2"	188	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37
	6'3"	191	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36
	6'4"	193	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35
	6'5"	196	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34
	6'6"	198	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34
	6'7"	201	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33
	6'8"	203	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32
	6'9"	206	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31
	6'10"	208	10	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

BMI chart for people from an Asian, Black African, African-Caribbean or Middle Eastern ethnic background

# BMI tracker



Monitor your BMI by taking measurements and writing them down in this diary every 3 months.  
Try to weigh yourself at the same time of day, under the same conditions and on the same set of reliable scales.

Month	Weight	Height	BMI
Starting BMI			
Month 3			
Month 6			
Month 9			
Month 12			
Month 15			
Month 18			
Month 21			
Month 24			
Month 27			
Month 30			