

## BMI Chart

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	26	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	16	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	17	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	

## BMI CALCULATOR

Hello user, here is your BMI's team writing. If you are reading this that's because you want to know how our website works. Do not worry, it is very easy! Let us explain you in few steps how to use your BMI calculator in the best way.

First, when you arrive on our website, a login/register page appears. Here, you have 3 options. You can login, sign in or continue to the calculator without logging.

If you already have an account, thank you! You just have to enter your email address and password and you will be redirected on the calculator.

If you do not have an account yet, it is very easy and quick to create one so do not wait more! Just enter your Name, Last name, Email address and Password and here it is! Your account has been created and you just have to login now to access to the calculator.

Finally, if you do not want to create an account, just click on the button to continue to the calculator without logging.

Let us just explain to you why you should create an account. Our calculator can save your data and all your previous BMIs. This functionality allows you to compare your BMIs across time and see the results of your efforts.

Now, we imagine that you are on the main page of the calculator. Here, you just have to enter your weigh and heigh and the calculator will automatically give you your BMI. Once it has been calculated, you have the possibility to save the result. You also have the possibility to see all your previous BMIs, if you have an account.

Our team thanks you for using our website and hope that you will have a great experience by using it!