Healthy Weight BMI Calculator
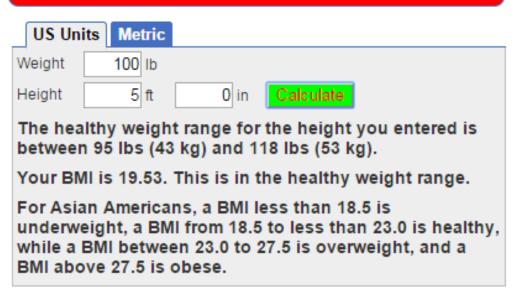
US Units | **Metric**

Weight | 60 kg

Height | 1.8 m | Calculate

Choose US or Metric Units, enter your weight and height, than click on Calculate.

Changes request:

1. Move "Choose US or Metric Units, enter your weight and height, then click on Calculate." Below the read bar and above the US Units / Metric tab. Spelling "than" => "then".
2. Move Height box up and weight box down. Height should be entered first before weight.
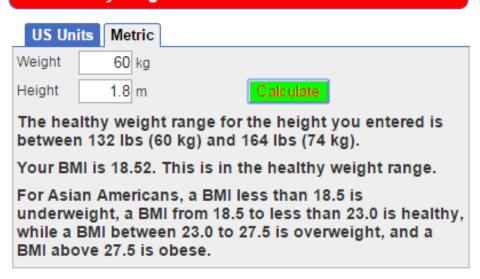3. Change the text "Height" to "Your height" and "Weight" to "Your weight".

Healthy Weight BMI Calculator

US Units | Metric

Weight | 100 lb

Height | 5 ft | 0 in | Calculate

The healthy weight range for the height you entered is between 95 lbs (43 kg) and 118 lbs (53 kg).

Your BMI is 19.53. This is in the healthy weight range.

For Asian Americans, a BMI less than 18.5 is underweight, a BMI from 18.5 to less than 23.0 is healthy, while a BMI between 23.0 to 27.5 is overweight, and a BMI above 27.5 is obese.

Changes request:

4. Repeat steps 1 and 2 above.
5. Move "Your BMI is 19.53. This is in the healthy weight range up.
6. "The healthy weight range for the height you entered is between 95 lbs (43 Kg) and 118 lbs (53 kg)." should be below the line in step 4.
7. The last paragraph "For Asian American, a BMI less than…" should be in a box or something to separate it from the text in step 4 and 5.

Healthy Weight BMI Calculator

US Units | **Metric**

Weight [60] kg

Height [1.8] m   [Calculate]

The healthy weight range for the height you entered is between 132 lbs (60 kg) and 164 lbs (74 kg).

Your BMI is 18.52. This is in the healthy weight range.

For Asian Americans, a BMI less than 18.5 is underweight, a BMI from 18.5 to less than 23.0 is healthy, while a BMI between 23.0 to 27.5 is overweight, and a BMI above 27.5 is obese.

Changes request:

8. Similar to steps 4 to 7.
9. Note that it should be "The healthy weight range for the height you entered is between 60 kg (132 lbs) and 74 kg (164 lbs).