

## BMI Calculator » BMI Formula

If you are unable to use our [BMI Calculator](#), or if you are interested in how BMI is calculated, this page has the mathematical **BMI Formula**.

### English BMI Formula

$$\text{BMI} = ( \text{Weight in Pounds} / ( \text{Height in inches} \times \text{Height in inches} ) ) \times 703$$

### Metric BMI Formula

$$\text{BMI} = ( \text{Weight in Kilograms} / ( \text{Height in Meters} \times \text{Height in Meters} ) )$$

Now that you know your BMI, you can determine if you're at risk for [BMI Related Disease](#).

#### Resources

[BMI Chart](#)  
[BMI Related Disease](#)  
[Underweight Treatment](#)  
[Overweight Treatment](#)  
[Obesity Treatment](#)

#### Calculators

[BMI Calculator](#)  
[BMR Calculator](#)  
[Body Fat Calculator](#)  
[Waist to Hip Ratio Calculator](#)