

# Lipotrim

$$\text{BMI} = \frac{\text{Wt (kg)}}{\text{Ht} \times \text{Ht(m)}}$$

## BMI CHART

		Ft	4' 6"	4' 7"	4' 8"	4' 9"	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6' 0"	6' 1"	6' 2"		
		m	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.58	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88		
St	lb	Kg																							
20	7	130	69.3	66.3	64.5	61.8	60.2	57.8	56.3	54.1	52.1	50.8	48.9	47.8	46.1	45.0	43.4	42.4	41.0	40.1	38.8	38.0	36.8		
20	2	128	68.2	65.3	63.5	60.9	59.2	56.9	55.4	53.3	51.3	50.0	48.2	47.0	45.4	44.3	42.8	41.8	40.4	39.5	38.2	37.4	36.2		
19	12	126	67.1	64.3	62.5	59.9	58.3	56.0	54.5	52.4	50.5	49.2	47.4	46.3	44.6	43.6	42.1	41.1	39.8	38.9	37.6	36.8	35.6		
19	7	124	66.1	63.3	61.5	59.0	57.4	55.1	53.7	51.6	49.7	48.4	46.7	45.5	43.9	42.9	41.4	40.5	39.1	38.3	37.0	36.2	35.1		
19	3	122	65.0	62.2	60.5	58.0	56.5	54.2	52.8	50.8	48.9	47.7	45.9	44.8	43.2	42.2	40.8	39.8	38.5	37.7	36.4	35.6	34.5		
18	13	120	63.9	61.2	59.5	57.1	55.5	53.3	51.9	49.9	48.1	46.9	45.2	44.1	42.5	41.5	40.1	39.2	37.9	37.0	35.8	35.1	34.0		
18	8	118	62.9	60.2	58.5	56.1	54.6	52.4	51.1	49.1	47.3	46.1	44.4	43.3	41.8	40.8	39.4	38.5	37.2	36.4	35.2	34.5	33.4		
18	4	116	61.8	59.2	57.5	55.2	53.7	51.6	50.2	48.3	46.5	45.3	43.7	42.6	41.1	40.1	38.8	37.9	36.6	35.8	34.6	33.9	32.8		
17	13	114	60.7	58.2	56.5	54.2	52.8	50.7	49.3	47.5	45.7	44.5	42.9	41.9	40.4	39.4	38.1	37.2	36.0	35.2	34.0	33.3	32.3		
17	9	112	59.7	57.1	55.5	53.3	51.8	49.8	48.5	46.6	44.9	43.8	42.2	41.1	39.7	38.8	37.4	36.6	35.3	34.6	33.4	32.7	31.7		
17	5	110	58.6	56.1	54.6	52.3	50.9	48.9	47.6	45.8	44.1	43.0	41.4	40.4	39.0	38.1	36.8	35.9	34.7	34.0	32.8	32.1	31.1		
17	0	108	57.5	55.1	53.6	51.4	50.0	48.0	46.7	45.0	43.3	42.2	40.6	39.7	38.3	37.4	36.1	35.3	34.1	33.3	32.2	31.6	30.6		
16	10	106	56.5	54.1	52.6	50.4	49.1	47.1	45.9	44.1	42.5	41.4	39.9	38.9	37.6	36.7	35.4	34.6	33.5	32.7	31.7	31.0	30.0		
16	5	104	55.4	53.1	51.6	49.5	48.1	46.2	45.0	43.3	41.7	40.6	39.1	38.2	36.8	36.0	34.7	34.0	32.8	32.1	31.1	30.4	29.4		
16	1	102	54.3	52.0	50.6	48.5	47.2	45.3	44.1	42.5	40.9	39.8	38.4	37.5	36.1	35.3	34.1	33.3	32.2	31.5	30.5	29.8	28.9		
15	11	100	53.3	51.0	49.6	47.6	46.3	44.4	43.3	41.6	40.1	39.1	37.6	36.7	35.4	34.6	33.4	32.7	31.6	30.9	29.9	29.2	28.3		
15	6	98	52.2	50.0	48.6	46.6	45.4	43.6	42.4	40.8	39.3	38.3	36.9	36.0	34.7	33.9	32.7	32.0	30.9	30.2	29.3	28.6	27.7		
15	2	96	51.1	49.0	47.6	45.7	44.4	42.7	41.6	40.0	38.5	37.5	36.1	35.3	34.0	33.2	32.1	31.3	30.3	29.6	28.7	28.0	27.2		
14	11	94	50.1	48.0	46.6	44.7	43.5	41.8	40.7	39.1	37.7	36.7	35.4	34.5	33.3	32.5	31.4	30.7	29.7	29.0	28.1	27.5	26.6		
14	7	92	49.0	46.9	45.6	43.8	42.6	40.9	39.8	38.3	36.9	35.9	34.6	33.8	32.6	31.8	30.7	30.0	29.0	28.4	27.5	26.9	26.0		
14	2	90	48.0	45.9	44.6	42.8	41.6	40.0	39.0	37.5	36.1	35.2	33.9	33.1	31.9	31.1	30.1	29.4	28.4	27.8	26.9	26.3	25.5		
13	12	88	46.9	44.9	43.6	41.9	40.7	39.1	38.1	36.6	35.3	34.4	33.1	32.3	31.2	30.4	29.4	28.7	27.8	27.2	26.3	25.7	24.9		
13	8	86	45.8	43.9	42.7	40.9	39.8	38.2	37.2	35.8	34.4	33.6	32.4	31.6	30.5	29.8	28.7	28.1	27.1	26.5	25.5	25.1	24.3		
13	3	84	44.8	42.9	41.7	40.0	38.9	37.3	36.4	35.0	33.6	32.8	31.6	30.9	29.8	29.1	28.1	27.4	26.5	25.9	25.1	24.5	23.8		
12	13	82	43.7	41.8	40.7	39.0	37.9	36.4	35.5	34.1	32.8	32.0	30.9	30.1	29.1	28.4	27.4	26.8	25.9	25.3	24.5	24.0	23.2		
12	8	80	42.6	40.8	39.7	38.0	37.0	35.6	34.6	33.3	32.0	31.3	30.1	29.4	28.3	27.7	26.7	26.1	25.2	24.7	23.9	23.4	22.6		
12	4	78	41.6	39.8	38.7	37.1	36.1	34.7	33.8	32.5	31.2	30.5	29.4	28.7	27.6	27.0	26.1	25.5	24.6	24.1	23.3	22.8	22.1		
12	0	76	40.5	38.8	37.7	36.1	35.2	33.8	32.9	31.6	30.4	29.7	28.6	27.9	26.9	26.3	25.4	24.8	24.0	23.5	22.7	22.2	21.5		
11	9	74	39.4	37.8	36.7	35.2	34.2	32.9	32.0	30.8	29.6	28.9	27.9	27.2	26.2	25.6	24.7	24.2	23.4	22.8	22.1	21.6	20.9		
11	5	72	38.4	36.7	35.7	34.2	33.3	32.0	31.2	30.0	28.8	28.1	27.1	26.4	25.5	24.9	24.1	23.5	22.7	22.2	21.5	21.0	20.4		
11	0	70	37.3	35.7	34.7	33.3	32.4	31.1	30.3	29.1	28.0	27.3	26.3	25.7	24.8	24.2	23.4	22.9	22.1	21.6	20.9	20.5	19.8		
10	10	68	36.2	34.7	33.7	32.3	31.5	30.2	29.4	28.3	27.2	26.6	25.6	25.0	24.1	23.5	22.7	22.2	21.5	21.0	20.3	19.9	19.2		
10	6	66	35.2	33.7	32.7	31.4	30.5	29.3	28.6	27.5	26.4	25.8	24.8	24.2	23.4	22.8	22.1	21.6	20.8	20.4	19.7	19.3	18.7		
10	1	64	34.1	32.7	31.7	30.4	29.6	28.4	27.7	26.6	25.6	25.0	24.1	23.5	22.7	22.1	21.4	20.9	20.2	19.8	19.1	18.7	18.1		
9	11	62	33.0	31.6	30.7	29.5	28.7	27.6	26.8	25.8	24.8	24.2	23.3	22.8	22.0	21.5	20.7	20.2	19.6	19.1	18.5	18.1	17.5		
9	6	60	32.0	30.6	29.8	28.5	27.8	26.7	26.0	25.0	24.0	23.4	22.6	22.0	21.3	20.8	20.0	19.6	18.9	18.5	17.9	17.5	17.0		
9	2	58	30.9	29.6	28.8	27.6	26.8	25.8	25.1	24.1	23.2	22.7	21.8	21.3	20.5	20.1	19.4	18.9	18.3	17.9	17.3	16.9	16.4		
8	12	56	29.8	28.6	27.8	26.6	25.9	24.9	24.2	23.3	22.4	21.9	21.1	20.6	19.8	19.4	18.7	18.3	17.7	17.3	16.7	16.4	15.8		
8	7	54	28.8	27.6	26.8	25.7	25.0	24.0	23.4	22.5	21.6	21.1	20.3	19.8	19.1	18.7	18.0	17.6	17.0	16.7	16.1	15.8	15.3		
8	3	52	27.7	26.5	25.8	24.7	24.1	23.1	22.5	21.6	20.8	20.3	19.6	19.1	18.4	18.0	17.4	17.0	16.4	16.0	15.5				
7	12	50	26.6	25.5	24.8	23.8	23.1	22.2	21.6	20.8	20.0	19.5	18.8	18.4	17.7	17.3	16.7	16.3	15.8	15.4					

15 - 20 - Underweight
20 - 25 - Healthy
25 - 30 - Overweight
30 - 35 - Obese
35 - 40 - Super Obese
40 - 45 - Morbid Obese
45 - 50 - Super Morbid Obese
50 + - Super Super Morbid Obese

