

BODY MASS INDEX (BMI)

LBS IN	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
5'0"	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"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2"	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39
5'3"	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"	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"	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6"	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"	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"	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"	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"	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"	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"	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"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2"	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3"	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"	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

 UNDERWEIGHT
 HEALTHY
 OVERWEIGHT
 OBESE
 EXTREMELY OBESE

RESTING HEART RATE

	MEN						WOMEN						
AGE	18-25	26-35	36-45	46-55	65+		AGE	18-25	26-35	36-45	46-55	56-65	65+
ATHELETE	49-55	49-54	50-56	50-57	51-56	50-55	ATHELETE	56-60	54-59	54-60	50-57	54-59	54-59
EXCILT	56-61	55-61	57-62	58-63	57-61	56-61	EXCILT	61-65	60-64	60-64	61-65	60-64	60-64
GOOD	62-65	62-65	63-66	64-67	62-67	62-65	GOOD	66-69	65-68	65-69	66-69	65-68	65-68
ABOVE AV.	66-69	66-70	67-70	68-71	68-71	66-69	ABOVE AV.	70-73	69-72	70-73	70-73	69-73	69-72
AVERAGE	70-73	71-74	71-75	72-76	72-75	70-73	AVERAGE	74-78	73-76	74-78	74-77	74-77	73-76
BELOW AV.	74-81	75-81	76-82	77-83	76-81	74-79	BELOW AV.	79-84	77-82	79-84	78-83	78-83	77-84
POOR	82+	82+	83+	84+	82+	80+	POOR	85+	85+	85+	84+	84+	84+

BLOOD PRESSURE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper #)		DIASTOLIC mm Hg (lower #)
LOW	50-90		35-60
NORMAL	LESS THAN 120	AND	LESS THAN 80
PREHYPERTENSION	120-139	OR	80-89
HIGH - STAGE 1	140-159	OR	90-99
HIGH - STAGE 2	160 OR HIGHER	OR	100 OR HIGHER
HYPERTENSIVE CRISIS	HIGHER THAN 180	OR	HIGHER THAN 110

BODY FAT

