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## Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or [metric](#) measures.
- Select "Compute BMI" and your BMI will appear below.

[Español](#)**STANDARD****METRIC**
 Your Height:    
 (feet) (inches)

 Your Weight:   
 (pounds)

Your BMI:

### BMI Categories:

- Underweight = < 18.5
- Normal weight = 18.5–24.9
- Overweight = 25–29.9
- Obesity = BMI of 30 or greater

### [The BMI Tables](#)

#### [Aim for a Healthy Weight:](#)

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[Download the BMI Calculator iPhone App](#)

Note: If this does not work with your browser or for a text alternative to this page, [go to our CGI-based BMI Calculator.](#)