

Step 1 – BMI score (& BMI)

| | | Height (feet and inches) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------|----------------------------|--------------------------|-------|------|-----|------|------|-----|-----|-----|------|------|-----|-----|------|------|------|------|------|-------|------|-----|-----|-----|------|------|----|-------|-------|
| | | 4'9½ | 4'10½ | 4'11 | 5'0 | 5'0½ | 5'1½ | 5'2 | 5'3 | 5'4 | 5'4½ | 5'5½ | 5'6 | 5'7 | 5'7½ | 5'8½ | 5'9½ | 5'10 | 5'11 | 5'11½ | 6'0½ | 6'1 | 6'2 | 6'3 | 6'3½ | 6'4½ | | | |
| Weight (kg) | Weight (stones and pounds) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 100 | 15 10 | 47 | 46 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 35 | 34 | 33 | 32 | 31 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 |
| 99 | 15 8 | 46 | 45 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 15 6 | 15 4 |
| 98 | 15 6 | 46 | 45 | 44 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 26 | 15 4 | 15 2 |
| 97 | 15 4 | 46 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 26 | 15 2 | 14 13 |
| 96 | 15 2 | 45 | 44 | 43 | 42 | 40 | 39 | 38 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 26 | 25 | 14 13 | 14 11 |
| 95 | 14 13 | 45 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 25 | 14 11 | 14 9 |
| 94 | 14 11 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 25 | 14 9 | 14 7 |
| 93 | 14 9 | 44 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 35 | 34 | 33 | 32 | 31 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 24 | 14 7 | 14 5 |
| 92 | 14 7 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 14 5 | 14 2 |
| 91 | 14 5 | 43 | 42 | 40 | 39 | 38 | 37 | 36 | 36 | 35 | 34 | 33 | 32 | 31 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 14 2 | 14 0 |
| 90 | 14 2 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 24 | 14 0 | 13 12 |
| 89 | 14 0 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 24 | 13 12 | 13 10 |
| 88 | 13 12 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 24 | 23 | 13 10 | 13 8 |
| 87 | 13 10 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 24 | 23 | 13 8 | 13 5 |
| 86 | 13 8 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 23 | 13 5 | 13 3 |
| 85 | 13 5 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 13 3 | 13 1 |
| 84 | 13 3 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 23 | 22 | 22 | 13 1 | 12 13 |
| 83 | 13 1 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 23 | 22 | 22 | 22 | 12 13 | 12 11 |
| 82 | 12 13 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 22 | 12 11 | 12 8 |
| 81 | 12 11 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 12 8 | 12 6 |
| 80 | 12 8 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 12 6 | 12 4 |
| 79 | 12 6 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 21 | 12 4 | 12 2 |
| 78 | 12 4 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 21 | 12 2 | 12 0 |
| 77 | 12 2 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 12 0 | 11 11 |
| 76 | 12 0 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 11 11 | 11 9 |
| 75 | 11 11 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 11 9 | 11 7 |
| 74 | 11 9 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 11 7 | 11 5 |
| 73 | 11 7 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 11 5 | 11 3 |
| 72 | 11 5 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 11 3 | 11 0 |
| 71 | 11 3 | 33 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 11 0 | 10 12 |
| 70 | 11 0 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 10 12 | 10 10 |
| 69 | 10 12 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 10 10 | 10 8 |
| 68 | 10 10 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 10 8 | 10 6 |
| 67 | 10 8 | 31 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 10 6 | 10 3 |
| 66 | 10 6 | 31 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 18 | 10 3 | 10 1 |
| 65 | 10 3 | 30 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 17 | 10 1 | 9 13 |
| 64 | 10 1 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 17 | 17 | 9 13 | 9 11 |
| 63 | 9 13 | 30 | 29 | 28 | 27 | 26 | 25 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 9 11 | 9 8 |
| 62 | 9 11 | 29 | 28 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 9 8 | 9 6 |
| 61 | 9 8 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 9 6 | 9 4 |
| 60 | 9 6 | 28 | 27 | 27 | 26 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 9 4 | 9 2 |
| 59 | 9 4 | 28 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 9 2 | 9 0 |
| 58 | 9 2 | 27 | 26 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 15 | 9 0 | 8 11 |
| 57 | 9 0 | 27 | 26 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 8 11 | 8 9 |
| 56 | 8 11 | 26 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 8 9 | 8 7 |
| 55 | 8 9 | 26 | 25 | 24 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 8 7 | 8 5 |
| 54 | 8 7 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 8 5 | 8 3 |
| 53 | 8 5 | 25 | 24 | 24 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 8 3 | 8 0 |
| 52 | 8 3 | 24 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 8 0 | 7 12 |
| 51 | 8 0 | 24 | 23 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 14 | 7 12 | 7 10 |
| 50 | 7 12 | 23 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 14 | 13 | 7 10 | 7 8 |
| 49 | 7 10 | 23 | 22 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 14 | 14 | 13 | 13 | 7 8 | 7 6 |
| 48 | 7 8 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 | 16 | 16 | 15 | 15 | 15 | 14 | 14 | 14 | 14 | 14 | 13 | 13 | 7 6 | 7 3 |
| 47 | 7 6 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 16 | 15 | 15</ | | | | | | | | | | | |