

BMI Chart

Printable BMI category reference with clear notes about where BMI helps and where it falls short.

BMI range	Category	Important context
Below 18.5	Underweight	Needs broader health context
18.5-24.9	Healthy weight range	Useful but not perfect
25.0-29.9	Overweight	May misclassify muscular bodies
30.0+	Obesity range	Use with waist, health and clinical context

How to use this printable

BMI is a population-level screening tool. It does not directly measure body fat, muscle mass or health status.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

BMI Calculator: <https://tools.layna.com.au/health/bmi-calculator/>

BMI vs Body Fat Percentage: <https://tools.layna.com.au/compare/bmi-vs-body-fat-percentage/>

Ideal Weight vs BMI: <https://tools.layna.com.au/blog/ideal-weight-vs-bmi/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.