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**Body Mass Index for  
Boys  
(age 2 to 16)**

**Body Mass Index for  
Girls  
(age 2 to 16)**

Age	Height (cm)	Weight (kg)	BMI	Average	Healthy range	Average	Healthy range
2				16.6	14.6 - 18.2	16.4	14.4 - 18
3				16	14.4 - 17.4	15.8	14 - 17.2
4				15.6	14 - 17	15.4	13.8 - 16.8
5				15.4	13.8 - 16.8	15.2	13.6 - 16.8
6				15.4	13.8 - 17	15.2	13.4 - 17
7				15.6	13.6 - 17.4	15.6	13.4 - 17.6
8				15.8	13.8 - 18	15.8	13.6 - 18.2
9				16.2	14 - 18.6	16.2	13.8 - 19
10				16.6	14.2 - 19.4	16.8	14 - 20
11				17.2	14.6 - 20.2	17.4	14.2 - 20.8
12				17.8	15 - 21	18	14.8 - 21.6
13				18.4	15.4 - 21.8	18.8	15.2 - 22.4
14				19.2	16 - 22.6	19.4	15.8 - 23.2
15				19.8	16.6 - 23.4	20	16.2 - 24
16				20.4	17 - 24.2	20.4	16.8 - 24.6