

Calculating BMI (Body Mass Index)

What BMI result means for adults

- BMI below 18.5: Underweight
- BMI 18.5 to 24.9: Healthy weight or ideal body weight
- BMI 25 to 29.9: Overweight
- BMI 30 and over: Obese
- BMI 40 and over: Severe (Morbid) obesity

| WEIGHT | | | | | | | | | | | | | | | | |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HEIGHT | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 |
| 5'0" | 20 | 21 | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 | 41 | 43 | 45 | 47 | 49 |
| 5'1" | 19 | 21 | 23 | 25 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 43 | 45 | 47 |
| 5'2" | 18 | 20 | 22 | 24 | 26 | 27 | 29 | 31 | 33 | 35 | 37 | 38 | 40 | 42 | 44 | 46 |
| 5'3" | 18 | 19 | 21 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 35 | 37 | 39 | 41 | 43 | 44 |
| 5'4" | 17 | 19 | 21 | 22 | 24 | 26 | 27 | 29 | 31 | 33 | 34 | 36 | 38 | 39 | 41 | 43 |
| 5'5" | 17 | 18 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 32 | 33 | 35 | 37 | 38 | 40 | 42 |
| 5'6" | 16 | 18 | 19 | 21 | 23 | 24 | 26 | 27 | 29 | 31 | 32 | 34 | 36 | 37 | 39 | 40 |
| 5'7" | 16 | 17 | 19 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 31 | 33 | 34 | 36 | 38 | 39 |
| 5'8" | 15 | 17 | 18 | 20 | 21 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 35 | 36 | 38 |
| 5'9" | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 28 | 30 | 31 | 32 | 34 | 35 | 37 |
| 5'10" | 14 | 16 | 17 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 34 | 36 |
| 5'11" | 14 | 15 | 17 | 18 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 30 | 32 | 33 | 35 |
| 6'0" | 14 | 15 | 16 | 18 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 28 | 30 | 31 | 33 | 34 |
| 6'1" | 13 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 24 | 25 | 26 | 28 | 29 | 30 | 32 | 33 |
| 6'2" | 13 | 14 | 15 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 30 | 31 | 32 |
| 6'3" | 12 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 29 | 30 | 31 |
| 6'4" | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 |

Standard dosing for semaglutide

0.25 mg SC (just under the skin) every week for 4 weeks and then increase to
0.50 mg SC every week for 4 weeks and then increase to
1.00 mg SC every week from then on until weight loss goal met