

HEIGHT TO WEIGHT RATIO CHART

FEMALE				MALE			
HEIGHT	Low	Target	High	HEIGHT	Low	Target	High
4' 10"	100	115	131	5' 1"	123	134	145
4' 11"	101	117	134	5' 2"	125	137	148
5' 0"	103	120	137	5' 3"	127	139	151
5' 1"	105	122	140	5' 4"	129	142	155
5' 2"	108	125	144	5' 5"	131	145	159
5' 3"	111	128	148	5' 6"	133	148	163
5' 4"	114	133	152	5' 7"	135	151	167
5' 5"	117	136	156	5' 8"	137	154	171
5' 6"	120	140	160	5' 9"	139	157	175
5' 7"	123	143	164	5' 10"	141	160	179
5' 8"	126	146	167	5' 11"	144	164	183
5' 9"	129	150	170	6' 0"	147	167	187
5' 10"	132	153	173	6' 1"	150	171	192
5' 11"	135	156	176	6' 2"	153	175	197
6' 0"	138	159	179	6' 3"	157	179	202