

Ideal Weight Table

Look up your height in the table below and the ideal weight is indicated in the table next to it.

Ideal Weight			
Male		Female	
Height	Ideal Weight	Height	Ideal Weight
4' 6"	63 - 77 lbs.	4' 6"	63 - 77 lbs.
4' 7"	68 - 84 lbs.	4' 7"	68 - 83 lbs.
4' 8"	74 - 90 lbs.	4' 8"	72 - 88 lbs.
4' 9"	79 - 97 lbs.	4' 9"	77 - 94 lbs.
4' 10"	85 - 103 lbs.	4' 10"	81 - 99 lbs.
4' 11"	90 - 110 lbs.	4' 11"	86 - 105 lbs.
5' 0"	95 - 117 lbs.	5' 0"	90 - 110 lbs.
5' 1"	101 - 123 lbs.	5' 1"	95 - 116 lbs.
5' 2"	106 - 130 lbs.	5' 2"	99 - 121 lbs.
5' 3"	112 - 136 lbs.	5' 3"	104 - 127 lbs.
5' 4"	117 - 143 lbs.	5' 4"	108 - 132 lbs.
5' 5"	122 - 150 lbs.	5' 5"	113 - 138 lbs.
5' 6"	128 - 156 lbs.	5' 6"	117 - 143 lbs.
5' 7"	133 - 163 lbs.	5' 7"	122 - 149 lbs.
5' 8"	139 - 169 lbs.	5' 8"	126 - 154 lbs.
5' 9"	144 - 176 lbs.	5' 9"	131 - 160 lbs.
5' 10"	149 - 183 lbs.	5' 10"	135 - 165 lbs.
5' 11"	155 - 189 lbs.	5' 11"	140 - 171 lbs.
6' 0"	160 - 196 lbs.	6' 0"	144 - 176 lbs.
6' 1"	166 - 202 lbs.	6' 1"	149 - 182 lbs.
6' 2"	171 - 209 lbs.	6' 2"	153 - 187 lbs.
6' 3"	176 - 216 lbs.	6' 3"	158 - 193 lbs.
6' 4"	182 - 222 lbs.	6' 4"	162 - 198 lbs.
6' 5"	187 - 229 lbs.	6' 5"	167 - 204 lbs.
6' 6"	193 - 235 lbs.	6' 6"	171 - 209 lbs.
6' 7"	198 - 242 lbs.	6' 7"	176 - 215 lbs.
6' 8"	203 - 249 lbs.	6' 8"	180 - 220 lbs.
6' 9"	209 - 255 lbs.	6' 9"	185 - 226 lbs.
6' 10"	214 - 262 lbs.	6' 10"	189 - 231 lbs.
6' 11"	220 - 268 lbs.	6' 11"	194 - 237 lbs.
7' 0"	225 - 275 lbs.	7' 0"	198 - 242 lbs.