

Your Ideal Weight (25-59 years of age)

WOMEN				MEN			
Height Ft. In.	Frame Size			Height Ft. In.	Frame Size		
	Small	Med.	Large		Small	Med.	Large
4'10"	102-111	109-121	118-131	5'2"	128-134	131-141	138-150
4'11"	103-113	111-123	120-134	5'3"	130-136	133-143	140-153
5'0"	104-115	113-126	122-137	5'4"	132-138	135-145	142-156
5'1"	106-118	115-129	125-140	5'5"	134-140	137-148	144-160
5'2"	108-121	118-132	128-143	5'6"	136-142	139-151	146-164
5'3"	111-124	121-135	131-147	5'7"	138-145	142-154	149-168
5'4"	114-127	124-138	134-151	5'8"	140-148	145-157	152-172
5'5"	117-130	127-141	137-155	5'9"	142-151	156-160	155-176
5'6"	120-133	130-144	140-159	5'10"	144-154	151-163	158-180
5'7"	123-136	133-144	143-163	5'11"	146-157	154-166	161-184
5'8"	126-139	136-150	146-167	6'0"	149-160	157-170	164-188
5'9"	129-142	139-153	149-170	6'1"	152-164	160-174	168-192
5'10"	132-145	142-156	152-173	6'2"	155-168	165-178	172-197
5'11"	135-148	145-159	155-176	6'3"	158-172	167-182	176-202
6'0"	138-151	148-162	158-176	6'4"	162-176	171-187	181-207

Weight and height guide chart

The following weight and height chart uses the [National Institute of Health's](#) body mass index tables to determine how much your healthy weight should be for your height.

Height	Weight			
	Normal	Overweight	Obese	Extreme Obesity
4ft 10" (58")	91 to 115 lbs.	119 to 138 lbs.	143 to 186 lbs.	191 to 258 lbs.
4ft 11" (59")	94 to 119 lbs.	124 to 143 lbs.	148 to 193 lbs.	198 to 267 lbs.
5ft (60")	97 to 123 lbs.	128 to 148 lbs.	153 to 199 lbs.	204 to 276 lbs.
5ft 1" (61")	100 to 127 lbs.	132 to 153 lbs.	158 to 206 lbs.	211 to 285 lbs.

5ft 2" (62")	104 to 131 lbs.	136 to 158 lbs.	164 to 213 lbs.	218 to 295 lbs.
5ft 3" (63")	107 to 135 lbs.	141 to 163 lbs.	169 to 220 lbs.	225 to 304 lbs.
5ft 4" (64")	110 to 140 lbs.	145 to 169 lbs.	174 to 227 lbs.	232 to 314 lbs.
5ft 5" (65")	114 to 144 lbs.	150 to 174 lbs.	180 to 234 lbs.	240 to 324 lbs.
5ft 6" (66")	118 to 148 lbs.	155 to 179 lbs.	186 to 241 lbs.	247 to 334 lbs.
5ft 7" (67")	121 to 153 lbs.	159 to 185 lbs.	191 to 249 lbs.	255 to 344 lbs.
5ft 8" (68")	125 to 158 lbs.	164 to 190 lbs.	197 to 256 lbs.	262 to 354 lbs.
5ft 9" (69")	128 to 162 lbs.	169 to 196 lbs.	203 to 263 lbs.	270 to 365 lbs.
5ft 10" (70")	132 to 167 lbs.	174 to 202 lbs.	209 to 271 lbs.	278 to 376 lbs.
5ft 11" (71")	136 to 172 lbs.	179 to 208 lbs.	215 to 279 lbs.	286 to 386 lbs.
6ft (72")	140 to 177 lbs.	184 to 213 lbs.	221 to 287 lbs.	294 to 397 lbs.
6ft 1" (73")	144 to 182 lbs.	189 to 219 lbs.	227 to 295 lbs.	302 to 408 lbs.
6ft 2" (74")	148 to 186 lbs.	194 to 225 lbs.	233 to 303 lbs.	311 to 420 lbs.
6ft 3" (75")	152 to 192 lbs.	200 to 232 lbs.	240 to 311 lbs.	319 to 431 lbs.
6ft 4" (76")	156 to 197 lbs.	205 to 238 lbs.	246 to 320 lbs.	328 to 443 lbs.
BMI	19 to 24	25 to 29	30 to 39	40 to 54