

IDEAL BODY WEIGHT CHART

BASED ON THE AVERAGE CALCULATED IDEAL WEIGHTS OF THE DEVINE,
ROBINSON AND MILLER FORMULAS

HEIGHT/(INCHES)	MEN (LBS)	WOMEN (LBS)	HEALTHY WEIGHT RANGE (LBS)
5'0" / 60	116	108	95 - 128
5'1" / 61	120	112	98 - 132
5'2" / 62	124	116	101 - 136
5'3" / 63	128	120	104 - 141
5'4" / 64	132	124	108 - 145
5'5" / 65	136	128	111 - 150
5'6" / 66	140	132	115 - 154
5'7" / 67	145	136	118 - 159
5'8" / 68	149	140	122 - 164
5'9" / 69	153	144	125 - 169
5'10" / 70	157	148	129 - 174
5'11" / 71	161	152	132 - 179
6'0" / 72	166	156	136 - 184
6'1" / 73	170	159	140 - 189
6'2" / 74	174	163	144 - 194
6'3" / 75	178	167	148 - 199
6'4" / 76	182	171	152 - 205