

## Standard body weights

Male			
Height		Weight	
(inches)	(cm)	(pounds)	(kg)
60	152.40	106	48.10
61	154.90	112	50.80
62	157.50	118	53.60
63	160.00	124	56.30
64	162.60	130	59.00
65	165.10	136	61.70
66	167.60	142	64.50
67	170.20	148	67.20
68	172.70	154	69.90
69	175.30	160	72.60
70	177.80	166	75.40
71	180.30	172	78.10
72	182.90	178	80.80
73	185.40	184	83.50
74	188.00	190	86.30
75	190.50	196	89.00
76	193.00	202	91.70
77	195.60	208	94.40
78	198.10	214	97.20
79	200.70	220	99.90
80	203.20	226	102.60

Female			
Height		Weight	
(inches)	(cm)	(pounds)	(kg)
57	144.80	85	38.60
58	147.30	90	40.90
59	149.90	95	43.10
60	152.40	100	45.40
61	154.90	105	47.70
62	157.50	110	49.90
63	160.00	115	52.20
64	162.60	120	54.50
65	165.10	125	56.80
66	167.70	130	59.00
67	170.20	135	61.30
68	172.70	140	63.60
69	175.30	145	65.80
70	177.80	150	68.10
71	180.30	155	70.40
72	182.90	160	72.60
73	185.40	165	74.90
74	188.00	170	77.20
75	190.50	175	79.50
76	193.00	180	81.70
77	195.60	185	84.00