

# Height Weight Chart

## Patient Information

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

## Instructions

To use the height weight chart, simply locate the your height in the leftmost column and then move across to the corresponding weight range for your gender. The chart is meant to serve as a guide for ideal weight ranges based on height and gender.

Height	Female	Male
4' 6" (137 cm)	63/77 lb (28.5/34.9 kg)	63/77 lb (28.5/34.9 kg)
4' 7" (140 cm)	68/83 lb (30.8/37.6 kg)	68/84 lb (30.8/38.1 kg)
4' 8" (142 cm)	72/88 lb (32.6/39.9 kg)	74/90 lb (33.5/40.8 kg)
4' 9" (145 cm)	77/94 lb (34.9/42.6 kg)	79/97 lb (35.8/43.9 kg)
4' 10" (147 cm)	81/99 lb (36.4/44.9 kg)	85/103 lb (38.5/46.7 kg)
4' 11" (150 cm)	86/105 lb (39/47.6 kg)	90/110 lb (40.8/49.9 kg)
5' 0" (152 cm)	90/110 lb (40.8/49.9 kg)	95/117 lb (43.1/53 kg)
5' 1" (155 cm)	95/116 lb (43.1/52.6 kg)	101/123 lb (45.8/55.8 kg)
5' 2" (157 cm)	99/121 lb (44.9/54.9 kg)	106/130 lb (48.1/58.9 kg)
5' 3" (160 cm)	104/127 lb (47.2/57.6 kg)	112/136 lb (50.8/61.6 kg)
5' 4" (163 cm)	108/132 lb (49/59.9 kg)	117/143 lb (53/64.8 kg)
5' 5" (165 cm)	113/138 lb (51.2/62.6 kg)	122/150 lb (55.3/68 kg)
5' 6" (168 cm)	117/143 lb (53/64.8 kg)	128/156 lb (58/70.7 kg)
5' 7" (170 cm)	122/149 lb (55.3/67.6 kg)	133/163 lb (60.3/73.9 kg)
5' 8" (173 cm)	126/154 lb (57.1/69.8 kg)	139/169 lb (63/76.6 kg)
5' 9" (175 cm)	131/160 lb (59.4/72.6 kg)	144/176 lb (65.3/79.8 kg)
5' 10" (178 cm)	135/165 lb (61.2/74.8 kg)	149/183 lb (67.6/83 kg)
5' 11" (180 cm)	140/171 lb (63.5/77.5 kg)	155/189 lb (70.3/85.7 kg)
6' 0" (183 cm)	144/176 lb (65.3/79.8 kg)	160/196 lb (72.6/88.9 kg)
6' 1" (185 cm)	149/182 lb (67.6/82.5 kg)	166/202 lb (75.3/91.6 kg)
6' 2" (188 cm)	153/187 lb (69.4/84.8 kg)	171/209 lb (77.5/94.8 kg)
6' 3" (191 cm)	158/193 lb (71.6/87.5 kg)	176/216 lb (79.8/98 kg)
6' 4" (193 cm)	162/198 lb (73.5/89.8 kg)	182/222 lb (82.5/100.6 kg)

Height	Female	Male
6' 5" (195 cm)	167/204 lb (75.7/92.5 kg)	187/229 lb (84.8/103.8 kg)
6' 6" (198 cm)	171/209 lb (77.5/94.8 kg)	193/235 lb (87.5/106.5 kg)
6' 7" (201 cm)	176/215 lb (79.8/97.5 kg)	198/242 lb (89.8/109.7 kg)
6' 8" (203 cm)	180/220 lb (81.6/99.8 kg)	203/249 lb (92/112.9 kg)
6' 9" (205 cm)	185/226 lb (83.9/102.5 kg)	209/255 lb (94.8/115.6 kg)
6' 10" (208 cm)	189/231 lb (85.7/104.8 kg)	214/262 lb (97/118.8 kg)
6' 11" (210 cm)	194/237 lb (88/107.5 kg)	220/268 lb (99.8/121.5 kg)
7' 0" (213 cm)	198/242 lb (89.8/109.7 kg)	225/275 lb (102/124.7 kg)

**Note:** This height weight chart is intended for adults 18 years and older. The weight ranges provided are general guidelines and may not apply to everyone. It is important to consult with a healthcare professional to determine a healthy weight range for individual patients based on their age, gender, and medical history.