

Weight Height Chart for Women

Name: Catherine Tully

Age: 49

Date: December 13, 2023

		WEIGHT															
HEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	
5'11"	14	15	17	18	20	21	22	24	25	26	27	28	30	32	33	35	
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	

Harvard Health. (2021, February 15).

BMI calculator

www.health.harvard.edu

<https://www.health.harvard.edu/diet-and-weight-loss/bmi-calculator>

BMI	Classification
Under 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and over	Obese

Height	Weight	BMI
5'9"	233	34.4

Additional notes:

Patient is in the obese range. Recommended to initiate a gradual weight loss plan to lower BMI and reduce health risks. Aiming for a 5-10% weight reduction in the next six months could significantly improve health outcomes. Regular physical activity is advised; moderate exercises like walking or swimming for 30 minutes most days of the week.

Suggested a referral to a dietitian for a personalized nutrition plan. Emphasis on a balanced diet with nutrient-dense foods, portion control, and reduced intake of processed and high-calorie foods. Stress management techniques recommended, as stress can contribute to weight gain. Consider practices like mindfulness or yoga