

# HEIGHT AND WEIGHT

## CHARTS

Compiled by

Campbell M Gold

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### IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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### ADULT HEIGHT AND WEIGHT CHARTS

<b>HEIGHT AND WEIGHT - ADULT MALE</b>						
Height (ft/in)	Height (m)	Under- weight  Health Risk (kg)	Normal Band 1  Optimum Health (kg)	Over-weight Band 2  Mild Health Risk (kg)	Over-weight Band 3  Moderate Health Risk (kg)	Over-weight Band 4  Clinical Obesity  Definite Health Risk (kg)
6'6	1.98	< 76.20	76.20-90.63	90.63-101.60	101.60-114.30	> 114.30
6'5	1.95	< 73.89	73.89-88.32	88.32-99.25	99.25-111.99	> 111.99
6'4	1.93	< 72.16	72.16-86.01	86.01-97.56	97.56-109.68	> 109.68
6'3	1.90	< 69.85	69.85-83.70	83.70-95.25	95.25-107.37	> 107.37
6'2	1.88	< 68.12	68.12-81.40	81.40-93.52	93.52-105.06	> 105.06
6'1	1.85	< 66.39	66.39-79.66	79.66-91.79	91.79-103.33	> 103.33
6'0	1.83	< 64.08	64.08-77.35	77.35-89.48	89.48-101.60	> 101.60
5'11	1.80	< 62.35	62.35-75.62	75.62-87.75	87.75-99.87	> 99.87
5'10	1.78	< 60.61	60.61-73.89	73.89-86.01	86.01-98.14	> 98.14
5'9	1.75	< 58.88	58.88-71.58	71.58-84.28	84.28-96.40	> 96.40
5'8	1.73	< 57.15	57.15-70.43	70.43-82.55	82.55-94.67	> 94.67
5'7	1.70	< 55.42	55.42-68.70	68.70-80.82	80.82-93.52	> 93.52
5'6	1.68	< 54.26	54.26-67.54	67.54-79.66	79.66-92.36	> 92.36
5'5	1.65	< 52.53	52.53-65.81	65.81-77.93	77.93-90.63	> 90.63
5'4	1.63	< 51.38	51.38-64.65	64.65-76.78	76.78-89.48	> 89.48
5'3	1.60	< 49.65	49.65-62.92	62.92-75.05	75.05-88.32	> 88.32
5'2	1.57	< 48.49	48.49-61.77	61.77-74.47	74.47-87.17	> 87.17
5'1	1.55	< 47.91	47.91-60.61	60.61-73.31	73.31-86.01	> 86.01
5'0	1.52	< 46.76	46.76-58.88	58.88-72.16	72.16-84.86	> 84.86
4'11	1.50	< 46.18	46.18-57.73	57.73-71.58	71.58-83.70	> 83.70
Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)						

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HEIGHT AND WEIGHT - ADULT FEMALE						
Height (ft/in)	Height (m)	Under-weight Health Risk (kg)	Normal Band 1 Optimum Health (kg)	Over-weight Band 2 Mild Health Risk (kg)	Over-weight Band 3 Moderate Health Risk (kg)	Over-weight Band 4 'Clinical Obesity' Definite Health Risk (kg)
6'2	1.88	< 67.54	67.54-82.55	82.55-92.36	92.36-109.68	> 109.68
6'1	1.85	< 65.23	65.23-80.24	80.24-90.05	90.05-107.37	> 107.37
6'0	1.83	< 62.92	62.92-77.35	77.35-88.32	88.32-105.06	> 105.06
5'11	1.80	< 61.19	61.19-75.05	75.05-86.59	86.59-102.75	> 102.75
5'10	1.78	< 58.88	58.88-73.31	73.31-84.86	84.86-100.45	> 100.45
5'9	1.75	< 57.15	57.15-71.00	71.00-83.13	83.13-98.71	> 98.71
5'8	1.73	< 55.42	55.42-69.27	69.27-81.97	81.97-96.40	> 96.40
5'7	1.70	< 54.26	54.26-67.54	67.54-80.24	80.24-94.67	> 94.67
5'6	1.68	< 52.23	52.23-65.25	65.25-78.51	78.51-92.94	> 92.94
5'5	1.65	< 51.38	51.38-63.50	63.50-76.78	76.78-91.21	> 91.21
5'4	1.63	< 49.65	49.65-61.77	61.77-75.05	75.05-90.05	> 90.05
5'3	1.60	< 48.49	48.49-60.61	60.61-73.89	73.89-88.32	> 88.32
5'2	1.57	< 47.91	47.91-58.88	58.88-72.74	72.74-86.59	> 86.59
5'1	1.55	< 46.18	46.18-57.15	57.15-71.00	71.00-84.86	> 84.86
5'0	1.52	< 45.60	45.60-56.00	56.00-70.43	70.53-83.70	> 83.70
4'11	1.50	< 44.45	44.45-54.84	54.84-69.27	69.27-82.55	> 82.55
4'10	1.47	< 43.30	43.30-53.69	53.69-67.82	67.82-81.40	> 81.40
4'9	1.45	< 42.72	42.72-51.95	51.95-66.96	66.96-80.24	> 80.24
4'8	1.42	< 42.14	42.14-50.80	50.80-65.81	65.81-78.51	> 78.51
4'7	1.40	< 41.56	41.56-49.65	49.65-65.23	65.23-77.35	> 77.35

Heights and weights indicate the height in bare feet and the weight without clothes. An allowance of about 2 pounds or 1 kilo can be made for 2 layers of indoor clothes (underclothes plus trousers and shirt, or skirt and blouse, or dress)

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<b>ADULT MALE - NORMAL HEIGHT AND WEIGHT</b>							
Maximum desirable weight for Men 25 yrs plus Note: 1 stone (st) = 14 pounds (lb)							
Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
5 3	1.60	8 9	55	9 7	60	10 4	65
5 4	1.63	9 0	57	9 10	62	10 8	67
5 5	1.65	9 3	59	9 13	63	10 12	69
5 6	1.68	9 7	60	10 3	65	11 2	71
5 7	1.70	9 11	62	10 7	67	11 7	73
5 8	1.73	10 1	64	10 12	69	11 12	75
5 9	1.75	10 5	66	11 2	71	12 1	77
5 10	1.78	10 10	68	11 6	73	12 6	79
5 11	1.80	11 0	70	11 11	75	12 11	81
6 0	1.83	11 4	72	12 2	77	13 2	84
6 1	1.85	11 8	74	12 7	80	13 7	86
6 2	1.88	11 13	76	12 12	82	13 12	88

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 7 pounds or 3.2 kilos if naked

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<b>ADULT FEMALE - NORMAL HEIGHT AND WEIGHT</b>							
Maximum desirable weight for Men 25 yrs plus Note: 1 stone (st) = 14 pounds (lb)							
Height without shoes		Body Frame					
		Small		Medium		Large	
ft in	m	st lb	kg	st lb	kg	st lb	kg
4 11	1.50	7 3	46	7 12	50	8 10	55
5 0	1.52	7 6	47	8 1	51	8 13	57
5 1	1.55	7 9	49	8 4	53	9 2	58
5 2	1.57	7 12	50	8 7	54	9 5	60
5 3	1.60	8 1	51	8 10	55	9 8	61
5 4	1.63	8 4	53	9 0	57	9 12	63
5 5	1.65	8 7	54	9 4	59	10 2	65
5 6	1.68	8 11	56	9 9	61	10 6	66
5 7	1.70	9 0	58	9 13	63	10 10	68
5 8	1.73	9 5	60	10 3	65	11 0	70
5 9	1.75	9 9	61	10 7	67	11 4	72
5 10	1.78	10 0	64	10 11	69	11 9	74

Instructions: Weigh yourself wearing indoor clothes wearing shoes

Subtract 5 pounds or 2.25 kilos if naked

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### APPENDIX 3 - CHILD AND ADOLESCENT HEIGHT AND WEIGHT CHARTS

#### BOYS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age

Note: 1 stone (st) = 14 pounds (lb)  
 Note: 1 stone (st) = 6.35 kilograms (kg)  
 Note: 1 pound (lb) = 0.454 kilogram (kg)  
 Note: 1 foot (ft) = 0.3048 metre (m)  
 Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'1"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.6 lb - 15.9 lb
6 months	2'1" - 2'5"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'6"	1 st 2 lb - 1 st 8 lb
12 months	2'4" - 2'8"	1 st 3 lb - 2 st 0 lb
18 months	2'6" - 3'0"	1 st 4 lb - 2 st 3 lb
2 years	2'8" - 3'3"	1 st 8 lb - 2 st 4 lb
3 years	3'0" - 3'6"	1 st 9 lb - 2 st 8 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 3 lb
5 years	3'4" - 4'0"	2 st 2 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'7" - 4'5"	2 st 6 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 3 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 1 lb
10 years	4'2" - 5'0"	3 st 6 lb - 6 st 9 lb
11 years	4'3" - 5'2"	3 st 9 lb - 7 st 8 lb
12 years	4'5" - 5'5"	4 st 2 lb - 9 st 1 lb
13 years	4'7" - 5'7"	4 st 7 lb - 10 st 0 lb
14 years	4'9" - 5'9"	5 st 1 lb - 11 st 1 lb
15 years	5'1" - 6'0"	6 st 1 lb - 11 st 9 lb
16 years	5'3" - 6'1"	7 st 2 lb - 12 st 4 lb
17 years	5'3" - 6'1"	7 st 7 lb - 12 st 6 lb
18 years	5'3" - 6'1"	7 st 9 lb - 12 st 9 lb

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### GIRLS - NORMAL HEIGHT AND WEIGHT

The following table gives the range of height and weight for children and adolescents between birth and 18 years of age.

Note: 1 stone (st) = 14 pounds (lb)  
 Note: 1 stone (st) = 6.35 kilograms (kg)  
 Note: 1 pound (lb) = 0.454 kilogram (kg)  
 Note: 1 foot (ft) = 0.3048 metre (m)  
 Note: 1 inch (in) = 0.0254 metre (m)

Age	Height Range (ft ins)	Weight Range (st lbs)
Birth	1'8" - 2'0"	5.5 lb - 9.6 lb
3 months	2'0" - 2'3"	9.2 lb - 15.4 lb
6 months	2'1" - 2'4"	13.6 lb - 1 st 5 lb
9 months	2'3" - 2'5"	1 st 1 lb - 1 st 7 lb
12 months	2'4" - 2'8"	1 st 2 lb - 2 st 9 lb
18 months	2'6" - 3'0"	1 st 3 lb - 2 st 1 lb
2 years	2'8" - 3'3"	1 st 5 lb - 2 st 3 lb
3 years	3'0" - 3'6"	1 st 7 lb - 2 st 7 lb
4 years	3'2" - 3'8"	2 st 0 lb - 3 st 1 lb
5 years	3'4" - 4'0"	2 st 3 lb - 3 st 6 lb
6 years	3'6" - 4'2"	2 st 5 lb - 4 st 2 lb
7 years	3'8" - 4'4"	2 st 9 lb - 4 st 7 lb
8 years	3'9" - 4'7"	2 st 9 lb - 5 st 5 lb
9 years	4'1" - 4'8"	3 st 3 lb - 6 st 2 lb
10 years	4'2" - 5'0"	3 st 6 lb - 7 st 5 lb
11 years	4'4" - 5'4"	3 st 9 lb - 8 st 8 lb
12 years	4'6" - 5'5"	4 st 4 lb - 10 st 0 lb
13 years	4'8" - 5'6"	5 st 2 lb - 11 st 0 lb
14 years	4'9" - 5'7"	5 st 8 lb - 11 st 4 lb
15 years	5'0" - 6'7"	6 st 6 lb - 11 st 6 lb
16 years	5'0" - 6'7"	7 st 0 lb - 11 st 8 lb
17 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb
18 years	5'0" - 6'7"	7 st 2 lb - 11 st 7 lb

End

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