

Weight Chart for Men

Weight in pounds, based on ages 25–59 with the lowest mortality rate (indoor clothing weighing 5 pounds and shoes with 1-inch heels).

Height in Shoes	Small Frame	Medium Frame	Large Frame
6'4"	162 to 176	171 to 187	181 to 207
6'3"	158 to 172	167 to 182	176 to 202
6'2"	155 to 168	164 to 178	172 to 197
6'1"	152 to 164	160 to 174	168 to 192
6'	149 to 160	157 to 170	164 to 188
5'11"	146 to 157	154 to 166	161 to 184
5'10"	144 to 154	151 to 163	158 to 180
5'9"	142 to 151	148 to 160	155 to 176
5'8"	140 to 148	145 to 157	152 to 172
5'7"	138 to 145	142 to 154	149 to 168
5'6"	136 to 142	139 to 151	146 to 164
5'5"	134 to 140	137 to 148	144 to 160
5'4"	132 to 138	135 to 145	142 to 156
5'3"	130 to 136	133 to 143	140 to 153
5'2"	128 to 134	131 to 141	138 to 150

Weight Chart for Women

Weight in pounds, based on ages 25–59 with the lowest mortality rate (indoor clothing weighing 3 pounds and shoes with 1-inch heels).

Height in Shoes	Small Frame	Medium Frame	Large Frame
6'	138 to 151	148 to 162	158 to 179
5'11"	135 to 148	145 to 159	155 to 176
5'10"	132 to 145	142 to 156	152 to 173
5'9"	129 to 142	139 to 153	149 to 170
5'8"	126 to 139	136 to 150	146 to 167
5'7"	123 to 136	133 to 147	143 to 163
5'6"	120 to 133	130 to 144	140 to 159
5'5"	117 to 130	127 to 141	137 to 155
5'4"	114 to 127	124 to 138	134 to 151
5'3"	111 to 124	121 to 135	131 to 147
5'2"	108 to 121	118 to 132	128 to 143
5'1"	106 to 118	115 to 129	125 to 140
5'	104 to 115	113 to 126	122 to 137
4'11"	103 to 113	111 to 123	120 to 134
4'10"	102 to 111	109 to 121	118 to 131

From height and weight tables of the Metropolitan Life Insurance Company, 1983.