

FIND YOUR IDEAL WEIGHT

height ft	height m	BMI 18.5	BMI 23	BMI 24.9	BMI 18.5	BMI 23	BMI 24.9	BMI 18.5	BMI 23	BMI 24.9
ft	m	IDEAL WEIGHT Kg			IDEAL WEIGHT st. lbs.			IDEAL WEIGHT st. lbs.		
4' 10"	1.48	40.5	50.4	54.5	6 st 5 lbs	7 st 13 lbs	8 st 8 lbs	89 lbs	110 lbs	119 lbs
4' 11"	1.5	41.6	51.8	56.0	6 st 8 lbs	8 st 2 lbs	8 st 11 lbs	91 lbs	113 lbs	123 lbs
5' 0"	1.53	43.3	53.8	58.3	6 st 11 lbs	8 st 7 lbs	9 st 2 lbs	95 lbs	118 lbs	128 lbs
5' 1"	1.55	44.4	55.3	59.8	6 st 14 lbs	8 st 10 lbs	9 st 6 lbs	97 lbs	121 lbs	131 lbs
5' 2"	1.59	46.8	58.1	62.9	7 st 5 lbs	9 st 2 lbs	9 st 13 lbs	102 lbs	127 lbs	138 lbs
5' 3"	1.61	48.0	59.6	64.5	7 st 8 lbs	9 st 5 lbs	10 st 2 lbs	105 lbs	131 lbs	141 lbs
5' 4"	1.63	49.2	61.1	66.2	7 st 10 lbs	9 st 9 lbs	10 st 6 lbs	108 lbs	134 lbs	145 lbs
5' 5"	1.66	51.0	63.4	68.6	8 st 0 lbs	9 st 14 lbs	10 st 11 lbs	112 lbs	139 lbs	150 lbs
5' 6"	1.68	52.2	64.9	70.3	8 st 3 lbs	10 st 3 lbs	11 st 1 lbs	114 lbs	142 lbs	154 lbs
5' 7"	1.71	54.1	67.3	72.8	8 st 7 lbs	10 st 8 lbs	11 st 6 lbs	119 lbs	147 lbs	160 lbs
5' 8"	1.73	55.4	68.8	74.5	8 st 10 lbs	10 st 12 lbs	11 st 10 lbs	121 lbs	151 lbs	163 lbs
5' 9"	1.76	57.3	71.2	77.1	9 st 0 lbs	11 st 3 lbs	12 st 2 lbs	126 lbs	156 lbs	169 lbs
5' 10"	1.78	58.6	72.9	78.9	9 st 3 lbs	11 st 7 lbs	12 st 6 lbs	128 lbs	160 lbs	173 lbs
5' 11"	1.81	60.6	75.4	81.6	9 st 8 lbs	11 st 12 lbs	12 st 12 lbs	133 lbs	165 lbs	179 lbs
6' 0"	1.83	62.0	77.0	83.4	9 st 10 lbs	12 st 2 lbs	13 st 2 lbs	136 lbs	169 lbs	183 lbs
6' 1"	1.86	64.0	79.6	86.1	10 st 1 lbs	12 st 7 lbs	13 st 8 lbs	140 lbs	175 lbs	189 lbs
6' 2"	1.88	65.4	81.3	88.0	10 st 4 lbs	12 st 11 lbs	13 st 12 lbs	143 lbs	178 lbs	193 lbs
6' 3"	1.91	67.5	83.9	90.8	10 st 9 lbs	13 st 3 lbs	14 st 4 lbs	148 lbs	184 lbs	199 lbs
6' 4"	1.94	69.6	86.6	93.7	10 st 13 lbs	13 st 9 lbs	14 st 10 lbs	153 lbs	190 lbs	206 lbs
6' 5"	1.96	71.1	88.4	95.7	11 st 3 lbs	13 st 13 lbs	15 st 1 lbs	156 lbs	194 lbs	210 lbs
6' 6"	1.99	73.3	91.1	98.6	11 st 7 lbs	14 st 5 lbs	15 st 7 lbs	161 lbs	200 lbs	216 lbs
6' 7"	2.01	74.7	92.9	100.6	11 st 11 lbs	14 st 9 lbs	15 st 12 lbs	164 lbs	204 lbs	221 lbs
6' 8"	2.04	77.0	95.7	103.6	12 st 2 lbs	15 st 1 lbs	16 st 4 lbs	169 lbs	210 lbs	227 lbs
6' 9"	2.06	78.5	97.6	105.7	12 st 5 lbs	15 st 5 lbs	16 st 9 lbs	172 lbs	214 lbs	232 lbs
6' 10"	2.09	80.8	100.5	108.8	12 st 10 lbs	15 st 11 lbs	17 st 2 lbs	177 lbs	221 lbs	239 lbs