

## Ideal Weights for Men and Women

Derived from the **1999 METROPOLITAN HEIGHT AND WEIGHT TABLES FOR MEN AND WOMEN**

Ideal weights below are the midpoint weights in the medium frame range and assume no shoes and include indoor clothing (5 pounds for men, 3 pounds for women).

FEMALE HEIGHT		IDEAL WEIGHT	MALE HEIGHT		IDEAL WEIGHT
Feet	Inches	Pounds	Feet	Inches	Pounds
4	10	117			
4	11	120			
5	0	122			
5	1	125			
5	2	128			
5	3	131			
5	4	134	5	4	143
5	5	137	5	5	145
5	6	140	5	6	148
5	7	143	5	7	151
5	8	146	5	8	154
5	9	149	5	9	157
5	10	152	5	10	160
5	11	155	5	11	164
6	0	158	6	0	167
6	1	161	6	1	171
			6	2	175
			6	3	179
			6	4	143
			6	5	145