



Ideal Weights for Men

Height cm	Age							
	15-16	17-19	20-24	25-29	30-39	40-49	50-59	60-69
152.5	44.5	51	55	58	59	61	62	60
155	46	52.5	57	59	61	62	63	62
157.5	48.5	54	58	61	62	63.5	64	63
160	50.5	56	60	62.5	64	65	66	64
162.5	53	57.5	62	64	66	67	67.5	66
165	55	59	63	65	67.5	68	69	68
167.5	57.5	61	64	67	69	71	71	70
170	60	63	66	68.5	71	73	73	72
172.5	62	65	67.5	70	73	75	75	74
175	64	67	69	72	75	77	77	76
177.5	66	68.5	71	74	77	78	79	78.5
180	68	70	73	75	79	81	81.5	81
182.5	70	72.5	75	78	81	83	84	83
185	72	74	77	80	83	85	86	85
187.5	74	76	79	82.5	85	87	88	87.5
190	77	78	81	84	87.5	89	90	90

Ideal Weights for Women

Height cm	Age							
	15-16	17-19	20-24	25-29	30-39	40-49	50-59	60-69
147.5	44	45	46	48.5	52	55	57	57.5
150	45	46	48	50	53	56	57.5	58.5
152.5	47	48	49	51	54.5	57.5	59	59.5
155	48.5	49	51	52.5	56	59	60	61
157.5	50	51	52	54	57	60	62	63
160	52	52.5	53.5	55	58	62	63.5	64
162.5	53	54	55	56.5	60	63.5	65	66
165	55	56	57	58	61	65	67	67
167.5	57	57.5	58.5	60	63	67	69	69
170	58	59	60	62	64	68.5	71	71
172.5	60	61	62	63.5	66	70	72.5	73
175	62	62.5	63.5	65	68	72	74	75
177.5	63.5	64	65	67	70	74	76.5	77
180	66	66.5	67.5	69	72	76.5	79	79.5
182.5	68.5	69	70	72	74	79	82	82