

HEIGHT AND WEIGHT STANDARDS*

WOMEN

Height (No Shoes)	Small Frame	Medium Frame	Large Frame
4'9"	102-111	109-121	118-131
4'10"	103-113	111-123	120-134
4'11"	104-115	113-126	122-137
5'0"	106-118	115-129	125-140
5'1"	108-121	118-132	128-143
5'2"	111-124	121-135	131-147
5'3"	114-127	124-138	134-151
5'4"	117-130	127-141	137-155
5'5"	120-133	130-144	140-159
5'6"	123-136	133-147	143-163
5'7"	126-139	136-150	146-167
5'8"	129-142	139-153	149-170
5'9"	132-145	142-156	152-173
5'10"	135-148	145-159	155-176
5'11"	138-151	148-162	158-179

(Weight at ages 25-59 in 3 pounds of clothing)

MEN

Height (No Shoes)	Small Frame	Medium Frame	Large Frame
5'1"	128-134	131-141	138-150
5'2"	130-136	133-143	140-153
5'3"	132-138	135-145	142-156
5'4"	134-140	137-148	144-160
5'5"	136-142	139-151	146-164
5'6"	138-145	142-154	149-168
5'7"	140-148	145-157	152-172
5'8"	142-151	148-160	155-176
5'9"	144-154	151-163	158-180
5'10"	146-157	154-166	161-184
5'11"	149-160	157-170	164-188
6'0"	152-164	160-174	168-192
6'1"	155-168	164-178	172-197
6'2"	158-172	167-182	176-202
6'3"	162-176	171-187	181-207

(Weight at ages 25-59 in 5 pounds of clothing)

**Adapted from Metropolitan Life Insurance Company Tables of 1983*



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