

HEIGHT AND WEIGHT CHART FOR FEMALE

Minimum Height (cm)	Age: 17 to 20 years	Acceptable Weight: 17 to 20 years	Age: 20+01 day - 30 years	Acceptable Weight: 20+01 day - 30 years	Minimum Weight for all Ages
140	43.1	40.9 , 45.3	45.1	42.8 , 47.4	35.3
141	43.7	41.5 , 45.9	45.7	43.4 , 47.9	35.8
142	44.4	42.2 , 46.6	46.4	44.1 , 48.7	36.3
143	45.0	42.8 , 47.3	47.0	44.7 , 49.4	36.8
144	45.6	43.3 , 47.9	47.7	45.3 , 50.0	37.3
145	46.3	43.9 , 48.6	48.4	45.9 , 50.8	37.8
146	46.9	44.6 , 49.2	49.0	46.6 , 51.5	38.4
147	47.5	45.1 , 49.9	49.7	47.2 , 52.2	38.9
148	48.2	45.8 , 50.6	50.4	47.9 , 52.9	39.4
149	48.8	46.4 , 51.2	51.1	48.5 , 56.7	40.0
150	49.5	47.0 , 51.9	51.8	49.2 , 54.4	40.5
151	50.2	47.7 , 52.7	52.4	49.8 , 55.0	41.0
152	50.8	48.3 , 53.3	53.1	50.4 , 55.8	41.6
153	51.5	48.9 , 54.0	53.8	51.1 , 56.5	42.1
154	52.2	49.6 , 54.8	54.5	51.8 , 57.2	42.7
155	52.9	50.2 , 55.5	55.3	52.5 , 58.0	43.2
156	53.5	50.8 , 56.2	56.0	53.2 , 58.8	43.8
157	54.2	51.5 , 56.9	56.7	53.9 , 59.5	44.4
158	54.9	52.1 , 57.6	57.4	54.5 , 60.3	44.9
159	55.6	52.8 , 58.4	58.1	55.2 , 61.0	45.5
160	56.3	53.5 , 59.1	58.9	55.9 , 61.8	46.1
161	57.0	54.1 , 59.9	59.6	56.6 , 62.6	46.7
162	57.7	54.8 , 60.6	60.4	57.4 , 63.4	47.2

163	58.5	55.6 , 61.4	61.1	58.0 , 64.2	47.8
164	59.2	56.2 , 62.1	61.9	58.8 , 64.9	48.4
165	59.9	56.9 , 62.9	62.6	59.5 , 65.7	49.0
166	60.6	57.6 , 63.6	63.4	60.2 , 66.6	49.6
167	61.4	58.3 , 64.5	64.1	60.9 , 67.3	50.2
168	62.1	58.9 , 65.2	64.9	61.7 , 68.2	50.8
169	62.8	59.7 , 65.9	65.7	62.4 , 68.9	51.4
170	63.6	60.4 , 66.8	66.5	63.2 , 69.8	52.0
171	64.3	61.1 , 67.5	67.3	63.9 , 70.7	52.6
172	65.1	61.8 , 68.4	68.0	64.6 , 71.4	53.3
173	65.8	62.5 , 69.1	68.8	65.4 , 72.2	53.9
174	66.6	63.3 , 69.9	69.6	66.1 , 73.1	54.5
175	67.4	64.0 , 70.8	70.4	66.9 , 73.9	55.1
176	68.1	64.7 , 71.5	71.2	67.6 , 74.8	55.8
177	68.9	65.5 , 72.4	72.1	68.5 , 75.7	56.4
178	69.7	66.2 , 73.1	72.9	69.3 , 76.6	57.0
179	70.5	66.9 , 74.0	73.7	70.0 , 77.4	57.7
180	71.3	67.7 , 74.9	74.5	70.8 , 78.2	58.3

HEIGHT AND WEIGHT CHART FOR MALE

Minimum Height (cm)	Age: 17 to 20 years	Acceptable Weight: 17 to 20 years	Age: 20+01 day - 30 years	Acceptable Weight: 20+01 day - 30 years	Minimum weight for all ages
140	43.1	40.9 , 45.3	45.1	42.8 , 47.4	35.3
141	43.7	41.5 , 45.9	45.7	43.4 , 47.9	35.8
142	44.4	42.2 , 46.6	46.4	44.1 , 48.7	36.3
143	45.0	42.8 , 47.3	47.0	44.7 , 49.4	36.8
144	45.6	43.3 , 47.9	47.7	45.3 , 50.0	37.3
145	46.3	43.9 , 48.6	48.4	45.9 , 50.8	37.8
146	46.9	44.6 , 49.2	49.0	46.6 , 51.5	38.4
147	47.5	45.1 , 49.9	49.7	47.2 , 52.2	38.9
148	48.2	45.8 , 50.6	50.4	47.9 , 52.9	39.4
149	48.8	46.4 , 51.2	51.1	48.5 , 56.7	40.0
150	49.5	47.0 , 51.9	51.8	49.2 , 54.4	40.5
151	50.2	47.7 , 52.7	52.4	49.8 , 55.0	41.0
152	50.8	48.3 , 53.3	53.1	50.4 , 55.8	41.6
153	51.5	48.9 , 54.0	53.8	51.1 , 56.5	42.1
154	52.2	49.6 , 54.8	54.5	51.8 , 57.2	42.7
155	52.9	50.2 , 55.5	55.3	52.5 , 58.0	43.2
156	53.5	50.8 , 56.2	56.0	53.2 , 58.8	43.8
157	54.2	51.5 , 56.9	56.7	53.9 , 59.5	44.4
158	54.9	52.1 , 57.6	57.4	54.5 , 60.3	44.9
159	55.6	52.8 , 58.4	58.1	55.2 , 61.0	45.5
160	56.3	53.5 , 59.1	58.9	55.9 , 61.8	46.1
161	57.0	54.1 , 59.9	59.6	56.6 , 62.6	46.7
162	57.7	54.8 , 60.6	60.4	57.4 , 63.4	47.2

163	58.5	55.6 , 61.4	61.1	58.0 , 64.2	47.8
164	59.2	56.2 , 62.1	61.9	58.8 , 64.9	48.4
165	59.9	56.9 , 62.9	62.6	59.5 , 65.7	49.0
166	60.6	57.6 , 63.6	63.4	60.2 , 66.6	49.6
167	61.4	58.3 , 64.5	64.1	60.9 , 67.3	50.2
168	62.1	58.9 , 65.2	64.9	61.7 , 68.2	50.8
169	62.8	59.7 , 65.9	65.7	62.4 , 68.9	51.4
170	63.6	60.4 , 66.8	66.5	63.2 , 69.8	52.0
171	64.3	61.1 , 67.5	67.3	63.9 , 70.7	52.6
172	65.1	61.8 , 68.4	68.0	64.6 , 71.4	53.3
173	65.8	62.5 , 69.1	68.8	65.4 , 72.2	53.9
174	66.6	63.3 , 69.9	69.6	66.1 , 73.1	54.5
175	67.4	64.0 , 70.8	70.4	66.9 , 73.9	55.1
176	68.1	64.7 , 71.5	71.2	67.6 , 74.8	55.8
177	68.9	65.5 , 72.4	72.1	68.5 , 75.7	56.4
178	69.7	66.2 , 73.1	72.9	69.3 , 76.6	57.0
179	70.5	66.9 , 74.0	73.7	70.0 , 77.4	57.7
180	71.3	67.7 , 74.9	74.5	70.8 , 78.2	58.3
181	72.1	68.5 , 75.7	75.4	71.6 , 79.2	59.0
182	72.9	69.2 , 76.6	76.2	72.4 , 80.0	59.6
183	73.7	70.0 , 77.4	77.0	73.1 , 80.9	60.3
184	74.5	70.8 , 78.2	77.9	74.0 , 81.8	60.9
185	75.3	71.5 , 79.1	78.7	81.8 , 82.6	61.6
186	76.1	72.3 , 79.9	79.6	75.6 , 83.5	62.3
187	76.9	73.1 , 80.7	80.4	76.4 , 84.4	62.9
188	77.8	73.8 , 81.5	81.3	77.2 , 85.4	63.6
189	78.6	74.6 , 82.4	82.2	78.1 , 86.3	64.3

190	79.4	75.4, 83.4	83.0	78.9, 87.4	65.0
191	80.3	76.3, 84.3	83.9	79.7, 88.1	65.7
192	81.1	77.0, 85.2	84.8	80.6, 89.0	66.4
193	81.9	77.8, 85.9	85.7	81.4, 89.9	67.0
194	82.8	78.7, 86.9	86.6	82.3, 90.9	67.7
195	83.7	79.5, 87.9	87.5	83.1, 91.9	68.4
196	84.5	80.2, 88.8	88.4	83.9, 92.82	69.1
197	85.4	81.1, 89.7	89.3	84.2, 93.8	69.9
198	86.2	81.8, 90.5	90.2	85.2, 94.7	70.6
199	87.1	82.8, 91.5	91.1	86.1, 95.7	71.3
200	88.0	83.6, 92.4	92.0	87.4, 96.6	72.0