

# WEIGHT CHART

<b><u>Height</u></b>	<b><u>Appropriate</u></b>	<b><u>Obese</u></b>
5'0"	125	155
5'1"	125	160
5'2"	130	165
5'3"	135	170
5'4"	140	175
5'5"	145	180
5'6"	150	185
5'7"	155	190
5'8"	160	195
5'9"	165	200
5'10"	170	210
5'11"	175	215
6'0"	180	220

Appropriate is based on a body mass index of 25 or less and the numbers above are the maximum weight for height

Overweight is any weight that is between the *appropriate* and *obese* numbers