

# HEIGHT / WEIGHT & FAT TABLES FOR WOMEN

## Weights (LBS) at ages 25-59

*(Wearing indoor clothing weighing 3 lbs; and shoes with 1" heels).*

Height	Small Frame	Medium Frame	Large Frame
4' 10"	102-111	109-121	118-131
4' 11"	103-113	111-123	120-134
5' 0"	104-115	113-126	122-137
5' 1"	106-118	115-129	125-140
5' 2"	108-121	118-132	128-143
5' 3"	111-124	121-135	131-147
5' 4"	114-127	124-138	134-151
5' 5"	117-130	127-141	137-155
5' 6"	120-133	130-144	140-159
5' 7"	123-136	133-147	143-163
5' 8"	126-139	136-150	146-167
5' 9"	129-142	139-153	149-170
5' 10"	132-145	142-156	152-173
5' 11"	135-148	145-159	155-176
6' 0"	138-151	148-162	158-179

Body Fat Percentages		
Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Normal	22-25%	15-18%
Above Average	25-29%	18-20%
Over-fat	29-35%	20-25%
Obese	35+%	25+%