



An Independent Licensee of the Blue Cross and Blue Shield Association

**Health Plans for Individuals and Families  
Acceptable Weight Ranges - Adults**

Height and Weight For Women			
Height	Min Wt	Std Wt	Max Wt
4' 8"	76	111	165
4' 9"	76	113	165
4' 10"	76	115	180
4' 11"	76	117	180
5' 00"	76	120	195
5' 1"	76	123	195
5' 2"	76	126	195
5' 3"	76	129	210
5' 4"	91	132	210
5' 5"	91	135	210
5' 6"	91	139	225
5' 7"	91	142	225
5' 8"	91	146	225
5' 9"	91	150	240
5' 10"	106	154	240
5' 11"	106	159	255
6' 00"	106	164	255
6' 1"	106	169	270
6' 2"	106	174	285

Height and Weight For Men			
Height	Min Wt	Std Wt	Max Wt
5' 00"	91	131	195
5' 1"	91	134	195
5' 2"	91	137	195
5' 3"	91	141	210
5' 4"	91	145	210
5' 5"	91	149	210
5' 6"	106	153	225
5' 7"	106	157	225
5' 8"	106	161	240
5' 9"	106	165	240
5' 10"	106	170	240
5' 11"	121	174	255
6' 00"	121	179	255
6' 1"	121	183	270
6' 2"	121	188	270
6' 3"	121	193	285
6' 4"	136	199	285
6' 5"	136	204	300
6' 6"	136	210	300
6' 7"	136	216	315
6' 8"	151	221	315



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**Health Plans for Individuals and Families  
Acceptable Weight Ranges - Children**

Age 0 - 2			
Height (inches)	Min Wt	Std Wt	Max Wt
24	9	14	20
26	11	17	23
28	12	19	27
30	14	22	31
32	16	25	35
34	18	28	39
36	20	32	44
38	23	35	49
40	25	39	55

Age 3 - 9			
Height (inches)	Min Wt	Std Wt	Max Wt
28	14	19	29
32	18	24	38
36	24	30	48
40	29	37	59
44	35	45	72
48	42	53	85
50	46	58	92
52	50	62	100
54	54	68	108
56	58	73	116
58	62	78	124
60	67	84	133

Age 10 - 13			
Height (inches)	Min Wt	Std Wt	Max Wt
48	44	63	88
50	48	67	96
52	52	73	104
54	56	78	112
56	60	84	120
58	65	90	129
60	69	96	138
62	74	103	147
64	79	109	157
66	84	116	167
68	89	124	178
70	94	131	188
72	100	139	199

Age 14 - 17			
Height (inches)	Min Wt	Std Wt	Max Wt
54	62	93	125
56	68	100	135
58	75	108	146
60	82	116	158
62	89	125	170
64	97	134	182
66	105	144	195
68	113	153	208
70	121	163	221
72	129	174	235
74	137	184	250
76	145	195	265