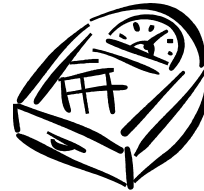


IDEAL WEIGHT CALCULATIONS



Calculate Ideal Weight

General: 108 lbs for first 5 ft, add 4 lbs for every additional inch

Muscular: Follow the chart to the right. Weight can be up to the # listed.

Example: A 5 ft 5 in tall person

108 lbs (5 ft)

+20 lbs (4 lbs for each additional inch)

128 lbs ideal weight

Height	General (pounds)	Muscular (up to)
5'	108	128
5'1"	112	133
5'2"	116	137
5'3"	120	142
5'4"	124	146
5'5"	128	150
5'6"	132	155
5'7"	136	160
5'8"	140	165
5'9"	144	169
5'10"	148	174
5'11"	152	179
6'	156	184
6'1"	160	190
6'2"	164	195
6'3"	170	200
6'4"	174	206
6'5"	180	211
6'6"	184	216
6'7"	188	222
6'8"	194	228