

Ideal Body Weight		
Height (inches)	Woman (lbs)	Men (lbs)
58	121	
59	123	
60	126	
61	129	
62	132	141
63	135	143
64	138	145
65	141	148
66	144	151
67	147	154
68	150	157
69	153	160
70	156	163
71	159	166
72	162	170
73		174
74		178
75		182
76		187