

BMI - MALE

MAXIMUM ALLOWABLE WEIGHT TO MEET HFZ

• AGE •

• HEIGHT •

| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|
| 4' 0" | 64 | 67 | 69 | 72 | 75 | 77 | 80 | 81 |
| 4' 1" | 67 | 70 | 72 | 75 | 78 | 81 | 83 | 85 |
| 4' 2" | 70 | 73 | 75 | 79 | 81 | 84 | 87 | 88 |
| 4' 3" | 73 | 76 | 78 | 82 | 85 | 87 | 90 | 92 |
| 4' 4" | 75 | 79 | 82 | 85 | 88 | 91 | 94 | 95 |
| 4' 5" | 78 | 82 | 85 | 88 | 92 | 94 | 98 | 99 |
| 4' 6" | 81 | 85 | 88 | 92 | 95 | 98 | 101 | 103 |
| 4' 7" | 84 | 88 | 91 | 95 | 99 | 102 | 105 | 107 |
| 4' 8" | 88 | 91 | 95 | 99 | 102 | 105 | 109 | 111 |
| 4' 9" | 91 | 94 | 98 | 102 | 106 | 109 | 113 | 115 |
| 4' 10" | 94 | 98 | 102 | 106 | 110 | 113 | 117 | 119 |
| 4' 11" | 97 | 101 | 105 | 110 | 114 | 117 | 121 | 123 |
| 5' 0" | 101 | 105 | 109 | 113 | 118 | 121 | 125 | 127 |
| 5' 1" | 104 | 108 | 112 | 117 | 121 | 125 | 129 | 132 |
| 5' 2" | 107 | 112 | 116 | 121 | 126 | 129 | 134 | 136 |
| 5' 3" | 111 | 116 | 120 | 125 | 130 | 134 | 138 | 140 |
| 5' 4" | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 145 |
| 5' 5" | 118 | 123 | 128 | 133 | 138 | 142 | 147 | 149 |
| 5' 6" | 122 | 127 | 132 | 137 | 142 | 147 | 152 | 154 |
| 5' 7" | 126 | 131 | 136 | 142 | 147 | 151 | 156 | 159 |
| 5' 8" | 129 | 135 | 140 | 146 | 151 | 156 | 161 | 164 |
| 5' 9" | 133 | 139 | 144 | 150 | 156 | 160 | 166 | 168 |
| 5' 10" | 137 | 143 | 148 | 155 | 160 | 165 | 171 | 173 |
| 5' 11" | 141 | 147 | 153 | 159 | 165 | 170 | 176 | 178 |
| 6' 0" | 145 | 151 | 157 | 164 | 169 | 175 | 181 | 183 |
| 6' 1" | 149 | 155 | 161 | 168 | 174 | 180 | 186 | 189 |
| 6' 2" | 153 | 160 | 166 | 173 | 179 | 184 | 191 | 194 |
| 6' 3" | 158 | 164 | 170 | 178 | 184 | 190 | 196 | 199 |
| 6' 4" | 162 | 168 | 175 | 182 | 189 | 195 | 201 | 204 |
| 6' 5" | 166 | 173 | 180 | 187 | 194 | 200 | 207 | 210 |
| 6' 6" | 170 | 177 | 184 | 192 | 199 | 205 | 212 | 215 |

BMI - FEMALE

MAXIMUM ALLOWABLE WEIGHT TO MEET HFZ

• AGE •

• HEIGHT •

| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|
| 4' 0" | 66 | 69 | 72 | 75 | 77 | 79 | 81 | 81 |
| 4' 1" | 69 | 72 | 75 | 78 | 80 | 83 | 84 | 85 |
| 4' 2" | 72 | 75 | 78 | 81 | 84 | 86 | 88 | 88 |
| 4' 3" | 75 | 78 | 81 | 84 | 87 | 90 | 91 | 92 |
| 4' 4" | 78 | 81 | 85 | 88 | 90 | 93 | 95 | 95 |
| 4' 5" | 81 | 84 | 88 | 91 | 94 | 97 | 99 | 99 |
| 4' 6" | 84 | 88 | 91 | 95 | 98 | 100 | 103 | 103 |
| 4' 7" | 87 | 91 | 95 | 98 | 101 | 104 | 106 | 107 |
| 4' 8" | 90 | 94 | 98 | 102 | 105 | 108 | 110 | 111 |
| 4' 9" | 94 | 98 | 102 | 106 | 109 | 112 | 114 | 115 |
| 4' 10" | 97 | 101 | 105 | 109 | 113 | 116 | 118 | 119 |
| 4' 11" | 100 | 105 | 109 | 113 | 117 | 120 | 123 | 123 |
| 5' 0" | 104 | 108 | 113 | 117 | 121 | 124 | 127 | 127 |
| 5' 1" | 107 | 112 | 117 | 121 | 125 | 128 | 131 | 132 |
| 5' 2" | 111 | 116 | 121 | 125 | 129 | 133 | 135 | 136 |
| 5' 3" | 114 | 119 | 125 | 129 | 133 | 137 | 140 | 140 |
| 5' 4" | 118 | 123 | 129 | 133 | 137 | 141 | 144 | 145 |
| 5' 5" | 122 | 127 | 133 | 137 | 142 | 146 | 149 | 149 |
| 5' 6" | 126 | 131 | 137 | 142 | 146 | 150 | 153 | 154 |
| 5' 7" | 129 | 135 | 141 | 146 | 151 | 155 | 158 | 159 |
| 5' 8" | 133 | 139 | 145 | 150 | 155 | 160 | 163 | 164 |
| 5' 9" | 137 | 143 | 149 | 155 | 160 | 164 | 168 | 168 |
| 5' 10" | 141 | 148 | 154 | 159 | 164 | 169 | 173 | 173 |
| 5' 11" | 145 | 152 | 158 | 164 | 169 | 174 | 178 | 178 |
| 6' 0" | 150 | 156 | 163 | 169 | 174 | 179 | 183 | 183 |
| 6' 1" | 154 | 161 | 167 | 173 | 179 | 184 | 188 | 189 |
| 6' 2" | 158 | 165 | 172 | 178 | 184 | 189 | 193 | 194 |
| 6' 3" | 162 | 170 | 177 | 183 | 189 | 194 | 198 | 199 |
| 6' 4" | 167 | 174 | 181 | 188 | 194 | 200 | 204 | 204 |
| 6' 5" | 171 | 179 | 186 | 193 | 199 | 205 | 209 | 210 |
| 6' 6" | 176 | 183 | 191 | 198 | 204 | 210 | 215 | 215 |