

Ideal Weight Chart



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The three most popular formulas for calculating ideal weight are the Devine, Robinson and Miller formulas. These formulas are primarily used for calculating medication dosages, and they are based only on height and gender. The table below shows the ideal weight calculated using these formulas as well as the weight associated with the Body Mass Index (BMI) ranging between 18.5 and 25, which is considered the "normal" range. This table should only be used as a general guide, and does not apply to children.

Ideal Weight Table
Weights in lbs (kg)

Height inches	Devine Formula		Robinson Formula		Miller Formula		Body Mass Index		Height meters
	Men	Women	Men	Women	Men	Women	BMI 18.5	BMI 25	
4'8"	90 (40.7)	80 (36.2)	98 (44.3)	93 (42.1)	111 (50.5)	105 (47.6)	83 (37.4)	112 (50.6)	1.42
4'9"	95 (43.0)	85 (38.5)	102 (46.2)	97 (43.8)	114 (51.9)	108 (48.9)	86 (38.8)	116 (52.4)	1.45
4'10"	100 (45.3)	90 (40.8)	106 (48.1)	100 (45.5)	117 (53.3)	111 (50.3)	89 (40.2)	120 (54.3)	1.47
4'11"	105 (47.6)	95 (43.1)	110 (50.0)	104 (47.2)	121 (54.7)	114 (51.6)	92 (41.6)	124 (56.2)	1.50
5'0"	110 (49.9)	100 (45.4)	114 (51.9)	108 (48.9)	124 (56.1)	117 (53.0)	95 (43.0)	128 (58.1)	1.52
5'1"	115 (52.2)	105 (47.7)	119 (53.8)	112 (50.6)	127 (57.5)	120 (54.3)	98 (44.4)	132 (60.0)	1.55
5'2"	120 (54.5)	110 (50.0)	123 (55.7)	115 (52.3)	130 (58.9)	123 (55.7)	101 (45.9)	137 (62.0)	1.57
5'3"	125 (56.8)	115 (52.3)	127 (57.6)	119 (54.0)	133 (60.3)	126 (57.1)	104 (47.4)	141 (64.0)	1.60
5'4"	130 (59.1)	120 (54.6)	131 (59.5)	123 (55.7)	136 (61.7)	129 (58.4)	108 (48.9)	146 (66.1)	1.63
5'5"	135 (61.4)	125 (56.9)	135 (61.4)	127 (57.4)	139 (63.1)	132 (59.8)	111 (50.4)	150 (68.2)	1.65
5'6"	140 (63.7)	130 (59.2)	139 (63.3)	130 (59.1)	142 (64.5)	135 (61.1)	115 (52.0)	155 (70.3)	1.68
5'7"	145 (66.0)	136 (61.5)	144 (65.2)	134 (60.8)	145 (65.9)	138 (62.5)	118 (53.6)	160 (72.4)	1.70
5'8"	150 (68.3)	141 (63.8)	148 (67.1)	138 (62.5)	148 (67.3)	141 (63.8)	122 (55.2)	164 (74.6)	1.73
5'9"	156 (70.6)	146 (66.1)	152 (69.0)	141 (64.2)	152 (68.7)	144 (65.2)	125 (56.8)	169 (76.8)	1.75
5'10"	161 (72.8)	151 (68.4)	156 (70.9)	145 (65.9)	155 (70.1)	147 (66.6)	129 (58.5)	174 (79.0)	1.78
5'11"	166 (75.1)	156 (70.7)	160 (72.7)	149 (67.6)	158 (71.5)	150 (67.9)	133 (60.2)	179 (81.3)	1.80
6'0"	171 (77.4)	161 (72.9)	165 (74.6)	153 (69.3)	161 (73.0)	153 (69.3)	136 (61.9)	184 (83.6)	1.83
6'1"	176 (79.7)	166 (75.2)	169 (76.5)	156 (71.0)	164 (74.4)	156 (70.6)	140 (63.6)	190 (86.0)	1.85
6'2"	181 (82.0)	171 (77.5)	173 (78.4)	160 (72.6)	167 (75.8)	159 (72.0)	144 (65.4)	195 (88.3)	1.88
6'3"	186 (84.3)	176 (79.8)	177 (80.3)	164 (74.3)	170 (77.2)	162 (73.3)	148 (67.1)	200 (90.7)	1.91
6'4"	191 (86.6)	181 (82.1)	181 (82.2)	168 (76.0)	173 (78.6)	165 (74.7)	152 (68.9)	205 (93.2)	1.93
6'5"	196 (88.9)	186 (84.4)	185 (84.1)	171 (77.7)	176 (80.0)	168 (76.0)	156 (70.8)	211 (95.6)	1.96
6'6"	201 (91.2)	191 (86.7)	190 (86.0)	175 (79.4)	179 (81.4)	171 (77.4)	160 (72.6)	216 (98.1)	1.98
6'7"	206 (93.5)	196 (89.0)	194 (87.9)	179 (81.1)	183 (82.8)	174 (78.8)	164 (74.5)	222 (100.7)	2.01
6'8"	211 (95.8)	201 (91.3)	198 (89.8)	183 (82.8)	186 (84.2)	177 (80.1)	168 (76.4)	228 (103.2)	2.03
6'9"	216 (98.1)	206 (93.6)	202 (91.7)	186 (84.5)	189 (85.6)	180 (81.5)	173 (78.3)	233 (105.8)	2.06
6'10"	221 (100.4)	211 (95.9)	206 (93.6)	190 (86.2)	192 (87.0)	183 (82.8)	177 (80.3)	239 (108.5)	2.08
6'11"	226 (102.7)	216 (98.2)	211 (95.5)	194 (87.9)	195 (88.4)	186 (84.2)	181 (82.2)	245 (111.1)	2.11
7'0"	231 (105.0)	222 (100.5)	215 (97.4)	198 (89.6)	198 (89.8)	189 (85.5)	186 (84.2)	251 (113.8)	2.13

Note: Height measured without shoes on. This table does not apply to children. Use only as a guide.

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