

365 Power Diet Height to Weight Ratio Chart

FEMALE				MALE			
Height	Low	Target	High	Height	Low	Target	High
4'9"	77	94	104	5'1"	101	123	133
4'10"	81	99	109	5'2"	106	130	140
4'11"	86	105	115	5'3"	112	136	146
5'0"	90	110	120	5'4"	117	143	153
5'1"	95	116	126	5'5"	122	150	160
5'2"	99	121	131	5'6"	128	156	166
5'3"	104	127	137	5'7"	133	163	173
5'4"	108	132	142	5'8"	139	169	179
5'5"	113	138	148	5'9"	144	176	186
5'6"	117	143	153	5'10"	149	183	193
5'7"	122	149	159	5'11"	155	189	199
5'8"	126	154	164	6'0"	160	196	206
5'9"	131	160	170	6'1"	166	202	212
5'10"	135	165	175	6'2"	171	209	219
5'11"	140	171	181	6'3"	176	216	226
6'0"	144	176	186	6'4"	182	222	232
6'1"	149	182	192	6'5"	187	229	239
6'2"	153	187	197	6'6"	193	235	245

May he give you the desire of your heart and make all your plans succeed. ~ Psalm 20:4