

BODY WEIGHT GOALS

Don't know what your **body weight** should be? Don't like the **BMI charts** that the doctor gives you? Below you will find **alternative guides** to body weight.

Your **body weight goals** should consider **body fat percentage** and waist to hip ratio.

Ideally, you want to have **as little body fat as possible** without going below the essential fat percentage minimum. **Good luck!**

General Body Fat Percentage		
Classification	Women (% Fat)	Men (% Fat)
Essential Fat	4 – 7%	2 – 5%
Athletes	8 – 18 %	6 – 13%
Fitness	19 – 24%	14 – 17%
Average	25 – 31%	18 – 24%
Obese	32% and higher	25% and higher

*Your home scale will not reflect an accurate body fat percentage. It is typically 10% less than an actual measurement. (The gold standard for body fat percentage testing is a DEXA scan.)

Waist to Hip Ratio		
Classification	Women	Men
Optimal	> .80	> .85
Average	.80 - .84	.85 - .89
Risk	<.85	<.90

Measure WAIST at the smallest point/naval or just above and HIPS at the widest part, and divide to get ratio.

This measurement is a risk marker for determining dietary diseases based on visceral fat (fat surrounding abdominal organs).

Height	Range of Body Weight for Height						
	Female			Male			
	Frame Size	Small	Medium	Large	Small	Medium	Large
5' 0"		90	100	110	95	105	115
5' 1"		95	105	115	100	115	125
5' 2"		100	110	120	105	120	130
5' 3"		105	115	125	115	125	135
5' 4"		110	120	130	120	130	145
5' 5"		115	125	140	125	135	150
5' 6"		120	130	145	130	140	155
5' 7"		120	135	150	135	150	165
5' 8"		125	140	155	140	155	170
5' 9"		130	145	160	145	160	175
5' 10"		135	150	165	150	165	185
5' 11"		140	155	170	155	170	190
6' 0"		145	160	175	160	180	195
6' 1"		150	165	180	165	185	200
6' 2"		155	170	185	170	190	210
6' 3"		160	175	190	175	195	215
6' 4"		160	180	200	180	200	220
6' 5"		165	185	205	185	210	230