



Weight Chart for Women

Weight in pounds, based on ages 25-59 with the lowest mortality rate (indoor clothing weighing 3 pounds and shoes with 1" heels)
Click [here](#) to calculate frame size

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Weight Chart for Men

Weight in pounds, based on ages 25-59 with the lowest mortality rate (indoor clothing weighing 5 pounds and shoes with 1" heels)
Click [here](#) to calculate frame size

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

*Ideal Weights according to the Metropolitan Life Insurance Company tables (1983)

Calculating Your Frame Size

Following is the method the Metropolitan Life Insurance Company used to calculate frame size:

1. Extend your arm in front of your body bending your elbow at a ninety degree angle to your body so that your forearm is parallel to your body.
2. Keep your fingers straight and turn the inside of your wrist towards your body.
3. Place your thumb and index finger on the two prominent bones on either side of your elbow, then measure the distance between the bones with a tape measure or calipers.
4. Compare to the chart below. The chart lists elbow measurements for a medium frame - if your elbow measurement for that particular height is less than the number of inches listed, you are a small frame - if your elbow measurement for that particular height is more than the number of inches listed, you are a large frame.

Elbow Measurements for Medium Frame			
Men	Elbow Measurement	Women	Elbow Measurement
5'2" - 5'3"	2-1/2" to 2-7/8"	4'10" - 4'11"	2-1/4" to 2-1/2"
5'4" - 5'7"	2-5/8" to 2-7/8"	5'0" - 5'3"	2-1/4" to 2-1/2"
5'8" - 5'11"	2-3/4" to 3"	5'4" - 5'7"	2-3/8" to 2-5/8"
6'0" - 6'3"	2-3/4" to 3-1/8"	5'8" - 5'11"	2-3/8" to 2-5/8"
6'4"	2-7/8" to 3-1/4"	6'0"	2-1/2" to 2-3/4"