

Conversion Tables

MEASURES OF TEMPERATURE
IDCRC/HVTN Conversion Table
Conversion of Fahrenheit to Celsius

| °F | °C | °F | °C | °F | °C |
|------|------|-------|------|-------|------|
| 94.0 | 34.4 | 98.0 | 36.7 | 102.0 | 38.9 |
| 94.1 | 34.5 | 98.1 | 36.7 | 102.1 | 38.9 |
| 94.2 | 34.6 | 98.2 | 36.8 | 102.2 | 39.0 |
| 94.3 | 34.6 | 98.3 | 36.8 | 102.3 | 39.1 |
| 94.4 | 34.7 | 98.4 | 36.9 | 102.4 | 39.1 |
| 94.5 | 34.7 | 98.5 | 36.9 | 102.5 | 39.2 |
| 94.6 | 34.8 | 98.6 | 37.0 | 102.6 | 39.2 |
| 94.7 | 34.8 | 98.7 | 37.1 | 102.7 | 39.3 |
| 94.8 | 34.9 | 98.8 | 37.1 | 102.8 | 39.3 |
| 94.9 | 34.9 | 98.9 | 37.2 | 102.9 | 39.4 |
| 95.0 | 35.0 | 99.0 | 37.2 | 103.0 | 39.4 |
| 95.1 | 35.1 | 99.1 | 37.3 | 103.1 | 39.5 |
| 95.2 | 35.1 | 99.2 | 37.3 | 103.2 | 39.6 |
| 95.3 | 35.2 | 99.3 | 37.4 | 103.3 | 39.6 |
| 95.4 | 35.2 | 99.4 | 37.4 | 103.4 | 39.7 |
| 95.5 | 35.3 | 99.5 | 37.5 | 103.5 | 39.7 |
| 95.6 | 35.3 | 99.6 | 37.6 | 103.6 | 39.8 |
| 95.7 | 35.4 | 99.7 | 37.6 | 103.7 | 39.8 |
| 95.8 | 35.4 | 99.8 | 37.7 | 103.8 | 39.9 |
| 95.9 | 35.5 | 99.9 | 37.7 | 103.9 | 39.9 |
| 96.0 | 35.6 | 100.0 | 37.8 | 104.0 | 40.0 |
| 96.1 | 35.6 | 100.1 | 37.8 | 104.1 | 40.1 |
| 96.2 | 35.7 | 100.2 | 37.9 | 104.2 | 40.1 |
| 96.3 | 35.7 | 100.3 | 37.9 | 104.3 | 40.2 |
| 96.4 | 35.8 | 100.4 | 38.0 | 104.4 | 40.2 |
| 96.5 | 35.8 | 100.5 | 38.1 | 104.5 | 40.3 |
| 96.6 | 35.9 | 100.6 | 38.1 | 104.6 | 40.3 |
| 96.7 | 35.9 | 100.7 | 38.2 | 104.7 | 40.4 |
| 96.8 | 36.0 | 100.8 | 38.2 | 104.8 | 40.4 |
| 96.9 | 36.1 | 100.9 | 38.3 | 104.9 | 40.5 |
| 97.0 | 36.1 | 101.0 | 38.3 | 105.0 | 40.6 |
| 97.1 | 36.2 | 101.1 | 38.4 | 105.1 | 40.6 |
| 97.2 | 36.2 | 101.2 | 38.4 | 105.2 | 40.7 |
| 97.3 | 36.3 | 101.3 | 38.5 | 105.3 | 40.7 |
| 97.4 | 36.3 | 101.4 | 38.6 | 105.4 | 40.8 |
| 97.5 | 36.4 | 101.5 | 38.6 | 105.5 | 40.8 |
| 97.6 | 36.4 | 101.6 | 38.7 | 105.6 | 40.9 |
| 97.7 | 36.5 | 101.7 | 38.7 | 105.7 | 40.9 |
| 97.8 | 36.6 | 101.8 | 38.8 | 105.8 | 41.0 |
| 97.9 | 36.6 | 101.9 | 38.8 | 105.9 | 41.1 |

Conversion: °C = ((°F - 32) x 5) / 9

Note: Metric values are rounded to one decimal place using a standard rounding convention, such that 2.80 through 2.84 round to 2.8 and 2.85 through 2.89 round to 2.9.

MEASURES OF HEIGHT

IDCRC/HVTN Conversion Table
Conversion of Inches to Centimeters

| 4 Feet | | 5 Feet | | 6 Feet | | 7 Feet | |
|--------|----------|--------|----------|--------|----------|--------|----------|
| 0 in | 121.9 cm | 0 in | 152.4 cm | 0 in | 182.9 cm | 0 in | 213.4 cm |
| 1 in | 124.5 cm | 1 in | 154.9 cm | 1 in | 185.4 cm | 1 in | 215.9 cm |
| 2 in | 127.0 cm | 2 in | 157.5 cm | 2 in | 188.0 cm | 2 in | 218.4 cm |
| 3 in | 129.5 cm | 3 in | 160.0 cm | 3 in | 190.5 cm | 3 in | 221.0 cm |
| 4 in | 132.1 cm | 4 in | 162.6 cm | 4 in | 193.0 cm | 4 in | 223.5 cm |
| 5 in | 134.6 cm | 5 in | 165.1 cm | 5 in | 195.6 cm | 5 in | 226.1 cm |
| 6 in | 137.2 cm | 6 in | 167.6 cm | 6 in | 198.1 cm | 6 in | 228.6 cm |
| 7 in | 139.7 cm | 7 in | 170.2 cm | 7 in | 200.7 cm | 7 in | 231.1 cm |
| 8 in | 142.2 cm | 8 in | 172.7 cm | 8 in | 203.2 cm | 8 in | 233.7 cm |
| 9 in | 144.8 cm | 9 in | 175.3 cm | 9 in | 205.7 cm | 9 in | 236.2 cm |
| 10 in | 147.3 cm | 10 in | 177.8 cm | 10 in | 208.3 cm | 10 in | 238.8 cm |
| 11 in | 149.9 cm | 11 in | 180.3 cm | 11 in | 210.8 cm | 11 in | 241.3 cm |

Conversion: 1 in = 2.54 cm

Note: Metric values are rounded to one decimal place using a standard rounding convention, such that 2.80 through 2.84 round to 2.8 and 2.85 through 2.89 round to 2.9.

MEASURES OF WEIGHT

IDCRC/HVTN Conversion Table
Conversion of Pounds to Kilograms

| 100 | | 200 | | 300 | | | | | | | |
|---------|---------|---------|---------|---------|----------|---------|----------|---------|----------|---------|----------|
| 100 lbs | 45.4 kg | 150 lbs | 68.0 kg | 200 lbs | 90.7 kg | 250 lbs | 113.4 kg | 300 lbs | 136.1 kg | 350 lbs | 158.8 kg |
| 101 lbs | 45.8 kg | 151 lbs | 68.5 kg | 201 lbs | 91.2 kg | 251 lbs | 113.9 kg | 301 lbs | 136.5 kg | 351 lbs | 159.2 kg |
| 102 lbs | 46.3 kg | 152 lbs | 68.9 kg | 202 lbs | 91.6 kg | 252 lbs | 114.3 kg | 302 lbs | 137.0 kg | 352 lbs | 159.7 kg |
| 103 lbs | 46.7 kg | 153 lbs | 69.4 kg | 203 lbs | 92.1 kg | 253 lbs | 114.8 kg | 303 lbs | 137.4 kg | 353 lbs | 160.1 kg |
| 104 lbs | 47.2 kg | 154 lbs | 69.9 kg | 204 lbs | 92.5 kg | 254 lbs | 115.2 kg | 304 lbs | 137.9 kg | 354 lbs | 160.6 kg |
| 105 lbs | 47.6 kg | 155 lbs | 70.3 kg | 205 lbs | 93.0 kg | 255 lbs | 115.7 kg | 305 lbs | 138.3 kg | 355 lbs | 161.0 kg |
| 106 lbs | 48.1 kg | 156 lbs | 70.8 kg | 206 lbs | 93.4 kg | 256 lbs | 116.1 kg | 306 lbs | 138.8 kg | 356 lbs | 161.5 kg |
| 107 lbs | 48.5 kg | 157 lbs | 71.2 kg | 207 lbs | 93.9 kg | 257 lbs | 116.6 kg | 307 lbs | 139.3 kg | 357 lbs | 161.9 kg |
| 108 lbs | 49.0 kg | 158 lbs | 71.7 kg | 208 lbs | 94.3 kg | 258 lbs | 117.0 kg | 308 lbs | 139.7 kg | 358 lbs | 162.4 kg |
| 109 lbs | 49.4 kg | 159 lbs | 72.1 kg | 209 lbs | 94.8 kg | 259 lbs | 117.5 kg | 309 lbs | 140.2 kg | 359 lbs | 162.8 kg |
| 110 lbs | 49.9 kg | 160 lbs | 72.6 kg | 210 lbs | 95.3 kg | 260 lbs | 117.9 kg | 310 lbs | 140.6 kg | 360 lbs | 163.3 kg |
| 111 lbs | 50.3 kg | 161 lbs | 73.0 kg | 211 lbs | 95.7 kg | 261 lbs | 118.4 kg | 311 lbs | 141.1 kg | 361 lbs | 163.7 kg |
| 112 lbs | 50.8 kg | 162 lbs | 73.5 kg | 212 lbs | 96.2 kg | 262 lbs | 118.8 kg | 312 lbs | 141.5 kg | 362 lbs | 164.2 kg |
| 113 lbs | 51.3 kg | 163 lbs | 73.9 kg | 213 lbs | 96.6 kg | 263 lbs | 119.3 kg | 313 lbs | 142.0 kg | 363 lbs | 164.7 kg |
| 114 lbs | 51.7 kg | 164 lbs | 74.4 kg | 214 lbs | 97.1 kg | 264 lbs | 119.7 kg | 314 lbs | 142.4 kg | 364 lbs | 165.1 kg |
| 115 lbs | 52.2 kg | 165 lbs | 74.8 kg | 215 lbs | 97.5 kg | 265 lbs | 120.2 kg | 315 lbs | 142.9 kg | 365 lbs | 165.6 kg |
| 116 lbs | 52.6 kg | 166 lbs | 75.3 kg | 216 lbs | 98.0 kg | 266 lbs | 120.7 kg | 316 lbs | 143.3 kg | 366 lbs | 166.0 kg |
| 117 lbs | 53.1 kg | 167 lbs | 75.7 kg | 217 lbs | 98.4 kg | 267 lbs | 121.1 kg | 317 lbs | 143.8 kg | 367 lbs | 166.5 kg |
| 118 lbs | 53.5 kg | 168 lbs | 76.2 kg | 218 lbs | 98.9 kg | 268 lbs | 121.6 kg | 318 lbs | 144.2 kg | 368 lbs | 166.9 kg |
| 119 lbs | 54.0 kg | 169 lbs | 76.7 kg | 219 lbs | 99.3 kg | 269 lbs | 122.0 kg | 319 lbs | 144.7 kg | 369 lbs | 167.4 kg |
| 120 lbs | 54.4 kg | 170 lbs | 77.1 kg | 220 lbs | 99.8 kg | 270 lbs | 122.5 kg | 320 lbs | 145.1 kg | 370 lbs | 167.8 kg |
| 121 lbs | 54.9 kg | 171 lbs | 77.6 kg | 221 lbs | 100.2 kg | 271 lbs | 122.9 kg | 321 lbs | 145.6 kg | 371 lbs | 168.3 kg |
| 122 lbs | 55.3 kg | 172 lbs | 78.0 kg | 222 lbs | 100.7 kg | 272 lbs | 123.4 kg | 322 lbs | 146.1 kg | 372 lbs | 168.7 kg |
| 123 lbs | 55.8 kg | 173 lbs | 78.5 kg | 223 lbs | 101.2 kg | 273 lbs | 123.8 kg | 323 lbs | 146.5 kg | 373 lbs | 169.2 kg |
| 124 lbs | 56.2 kg | 174 lbs | 78.9 kg | 224 lbs | 101.6 kg | 274 lbs | 124.3 kg | 324 lbs | 147.0 kg | 374 lbs | 169.6 kg |
| 125 lbs | 56.7 kg | 175 lbs | 79.4 kg | 225 lbs | 102.1 kg | 275 lbs | 124.7 kg | 325 lbs | 147.4 kg | 375 lbs | 170.1 kg |
| 126 lbs | 57.2 kg | 176 lbs | 79.8 kg | 226 lbs | 102.5 kg | 276 lbs | 125.2 kg | 326 lbs | 147.9 kg | 376 lbs | 170.6 kg |
| 127 lbs | 57.6 kg | 177 lbs | 80.3 kg | 227 lbs | 103.0 kg | 277 lbs | 125.6 kg | 327 lbs | 148.3 kg | 377 lbs | 171.0 kg |
| 128 lbs | 58.1 kg | 178 lbs | 80.7 kg | 228 lbs | 103.4 kg | 278 lbs | 126.1 kg | 328 lbs | 148.8 kg | 378 lbs | 171.5 kg |
| 129 lbs | 58.5 kg | 179 lbs | 81.2 kg | 229 lbs | 103.9 kg | 279 lbs | 126.6 kg | 329 lbs | 149.2 kg | 379 lbs | 171.9 kg |
| 130 lbs | 59.0 kg | 180 lbs | 81.6 kg | 230 lbs | 104.3 kg | 280 lbs | 127.0 kg | 330 lbs | 149.7 kg | 380 lbs | 172.4 kg |
| 131 lbs | 59.4 kg | 181 lbs | 82.1 kg | 231 lbs | 104.8 kg | 281 lbs | 127.5 kg | 331 lbs | 150.1 kg | 381 lbs | 172.8 kg |
| 132 lbs | 59.9 kg | 182 lbs | 82.6 kg | 232 lbs | 105.2 kg | 282 lbs | 127.9 kg | 332 lbs | 150.6 kg | 382 lbs | 173.3 kg |
| 133 lbs | 60.3 kg | 183 lbs | 83.0 kg | 233 lbs | 105.7 kg | 283 lbs | 128.4 kg | 333 lbs | 151.0 kg | 383 lbs | 173.7 kg |
| 134 lbs | 60.8 kg | 184 lbs | 83.5 kg | 234 lbs | 106.1 kg | 284 lbs | 128.8 kg | 334 lbs | 151.5 kg | 384 lbs | 174.2 kg |
| 135 lbs | 61.2 kg | 185 lbs | 83.9 kg | 235 lbs | 106.6 kg | 285 lbs | 129.3 kg | 335 lbs | 152.0 kg | 385 lbs | 174.6 kg |
| 136 lbs | 61.7 kg | 186 lbs | 84.4 kg | 236 lbs | 107.0 kg | 286 lbs | 129.7 kg | 336 lbs | 152.4 kg | 386 lbs | 175.1 kg |
| 137 lbs | 62.1 kg | 187 lbs | 84.8 kg | 237 lbs | 107.5 kg | 287 lbs | 130.2 kg | 337 lbs | 152.9 kg | 387 lbs | 175.5 kg |
| 138 lbs | 62.6 kg | 188 lbs | 85.3 kg | 238 lbs | 108.0 kg | 288 lbs | 130.6 kg | 338 lbs | 153.3 kg | 388 lbs | 176.0 kg |
| 139 lbs | 63.0 kg | 189 lbs | 85.7 kg | 239 lbs | 108.4 kg | 289 lbs | 131.1 kg | 339 lbs | 153.8 kg | 389 lbs | 176.4 kg |
| 140 lbs | 63.5 kg | 190 lbs | 86.2 kg | 240 lbs | 108.9 kg | 290 lbs | 131.5 kg | 340 lbs | 154.2 kg | 390 lbs | 176.9 kg |
| 141 lbs | 64.0 kg | 191 lbs | 86.6 kg | 241 lbs | 109.3 kg | 291 lbs | 132.0 kg | 341 lbs | 154.7 kg | 391 lbs | 177.4 kg |
| 142 lbs | 64.4 kg | 192 lbs | 87.1 kg | 242 lbs | 109.8 kg | 292 lbs | 132.4 kg | 342 lbs | 155.1 kg | 392 lbs | 177.8 kg |
| 143 lbs | 64.9 kg | 193 lbs | 87.5 kg | 243 lbs | 110.2 kg | 293 lbs | 132.9 kg | 343 lbs | 155.6 kg | 393 lbs | 178.3 kg |
| 144 lbs | 65.3 kg | 194 lbs | 88.0 kg | 244 lbs | 110.7 kg | 294 lbs | 133.4 kg | 344 lbs | 156.0 kg | 394 lbs | 178.7 kg |
| 145 lbs | 65.8 kg | 195 lbs | 88.5 kg | 245 lbs | 111.1 kg | 295 lbs | 133.8 kg | 345 lbs | 156.5 kg | 395 lbs | 179.2 kg |
| 146 lbs | 66.2 kg | 196 lbs | 88.9 kg | 246 lbs | 111.6 kg | 296 lbs | 134.3 kg | 346 lbs | 156.9 kg | 396 lbs | 179.6 kg |
| 147 lbs | 66.7 kg | 197 lbs | 89.4 kg | 247 lbs | 112.0 kg | 297 lbs | 134.7 kg | 347 lbs | 157.4 kg | 397 lbs | 180.1 kg |
| 148 lbs | 67.1 kg | 198 lbs | 89.8 kg | 248 lbs | 112.5 kg | 298 lbs | 135.2 kg | 348 lbs | 157.9 kg | 398 lbs | 180.5 kg |
| 149 lbs | 67.6 kg | 199 lbs | 90.3 kg | 249 lbs | 112.9 kg | 299 lbs | 135.6 kg | 349 lbs | 158.3 kg | 399 lbs | 181.0 kg |

Conversion: 1 lb = 0.453592 kg

Note: Metric values are rounded to one decimal place using a standard rounding convention, such that 2.80 through 2.84 round to 2.8 and 2.85 through 2.89 round to 2.9.

Table 4: 24-hour Clock Equivalencies

| 12-hour clock (a.m.) | 24-hour clock |
|-----------------------------|----------------------|
| Midnight | 00:00 |
| 1:00 a.m. | 01:00 |
| 2:00 a.m. | 02:00 |
| 3:00 a.m. | 03:00 |
| 4:00 a.m. | 04:00 |
| 5:00 a.m. | 05:00 |
| 6:00 a.m. | 06:00 |
| 7:00 a.m. | 07:00 |
| 8:00 a.m. | 08:00 |
| 9:00 a.m. | 09:00 |
| 10:00 a.m. | 10:00 |
| 11:00 a.m. | 11:00 |

| 12-hour clock (p.m.) | 24-hour clock |
|-----------------------------|----------------------|
| Noon | 12:00 |
| 1:00 p.m. | 13:00 |
| 2:00 p.m. | 14:00 |
| 3:00 p.m. | 15:00 |
| 4:00 p.m. | 16:00 |
| 5:00 p.m. | 17:00 |
| 6:00 p.m. | 18:00 |
| 7:00 p.m. | 19:00 |
| 8:00 p.m. | 20:00 |
| 9:00 p.m. | 21:00 |
| 10:00 p.m. | 22:00 |
| 11:00 p.m. | 23:00 |

Body Mass Index (BMI)

| | | WEIGHT lb/kg | | | | | | | | | | | | | | | | |
|--------------|-------|--------------|-------------|-----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-----------|-------------|-------------|-------------|
| HEIGHT in | cm | 100 45.5 | 105 47.7 | 110 50 | 115 52.3 | 120 54.5 | 125 56.8 | 130 59.1 | 135 61.4 | 140 63.6 | 145 65.9 | 150 68.2 | 155 70.5 | 160 72.7 | 165 75 | 170 77.3 | 175 79.5 | 180 81.8 |
| 5'0" | 152.4 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 5'1" | 154.9 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 |
| 5'2" | 157.4 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 32 |
| 5'3" | 160.0 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 31 |
| 5'4" | 162.5 | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 30 |
| 5'5" | 165.1 | 16 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 30 |
| 5'6" | 167.6 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 |
| 5'7" | 170.1 | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 |
| 5'8" | 172.7 | 15 | 16 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 |
| 5'9" | 175.2 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 |
| 5'10" | 177.8 | 14 | 15 | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 25 |
| 5'11" | 180.3 | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 |
| 6'0" | 182.8 | 13 | 14 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 |
| 6'1" | 185.4 | 13 | 13 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 |
| 6'2" | 187.9 | 12 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 |
| 6'3" | 190.5 | 12 | 13 | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 |
| 6'4" | 193.0 | 12 | 12 | 13 | 14 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 |
| 6'5" | 195.5 | 11 | 12 | 13 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 20 | 21 |
| 6'6" | 198.1 | 11 | 12 | 12 | 13 | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 20 |
| 6'7" | 200.6 | 11 | 11 | 12 | 13 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 |
| 6'8" | 203.2 | 11 | 11 | 12 | 12 | 13 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 |
| 6'9" | 205.7 | 10 | 11 | 11 | 12 | 12 | 13 | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 |

Body Mass Index (BMI)

| | | WEIGHT lb/kg | | | | | | | | | | | | | | | | |
|--------------|-------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| HEIGHT in | cm | 185 84.1 | 190 86.4 | 195 88.6 | 200 90.9 | 205 93.2 | 210 95.5 | 215 97.7 | 220 100 | 225 102.3 | 230 104.5 | 235 106.8 | 240 109.1 | 245 111.4 | 250 113.6 | 255 115.9 | 260 118.2 | 265 120.5 |
| 5'0" | 152.4 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 |
| 5'1" | 154.9 | 35 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 5'2" | 157.4 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 47 | 48 |
| 5'3" | 160.0 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 |
| 5'4" | 162.5 | 31 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 45 |
| 5'5" | 165.1 | 30 | 31 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 40 | 40 | 41 | 42 | 43 | 44 |
| 5'6" | 167.6 | 29 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 37 | 38 | 38 | 39 | 40 | 41 | 42 | 42 |
| 5'7" | 170.1 | 29 | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 | 40 | 41 |
| 5'8" | 172.7 | 28 | 28 | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 38 | 39 | 40 |
| 5'9" | 175.2 | 27 | 28 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 36 | 37 | 38 | 39 |
| 5'10" | 177.8 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 37 | 38 |
| 5'11" | 180.3 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 | 34 | 35 | 36 | 37 |
| 6'0" | 182.8 | 25 | 25 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 35 | 36 |
| 6'1" | 185.4 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 35 |
| 6'2" | 187.9 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 32 | 32 | 33 | 34 |
| 6'3" | 190.5 | 23 | 23 | 24 | 25 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 | 32 | 33 |
| 6'4" | 193.0 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 29 | 30 | 31 | 31 | 32 |
| 6'5" | 195.5 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 30 | 31 |
| 6'6" | 198.1 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 30 | 30 |
| 6'7" | 200.6 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 |
| 6'8" | 203.2 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 28 | 28 | 29 |
| 6'9" | 205.7 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 |

Body Mass Index (BMI)

| | | WEIGHT lb/kg | | | | | | | | | | | | | | |
|--------------|-------|--------------|------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|------------|--------------|--------------|
| HEIGHT in | cm | 270 122.7 | 275 125 | 280 127.3 | 285 129.5 | 290 131.8 | 295 134.1 | 300 136.4 | 305 138.6 | 310 140.9 | 315 143.2 | 320 145.5 | 325 147.7 | 330 150 | 335 152.3 | 340 154.5 |
| 5'0" | 152.4 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 |
| 5'1" | 154.9 | 51 | 52 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 |
| 5'2" | 157.4 | 49 | 50 | 51 | 52 | 53 | 54 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 |
| 5'3" | 160.0 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 5'4" | 162.5 | 46 | 47 | 48 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 55 | 56 | 57 | 58 |
| 5'5" | 165.1 | 45 | 45 | 46 | 47 | 48 | 49 | 49 | 50 | 51 | 52 | 53 | 54 | 54 | 55 | 56 |
| 5'6" | 167.6 | 43 | 44 | 45 | 46 | 46 | 47 | 48 | 49 | 50 | 50 | 51 | 52 | 53 | 54 | 54 |
| 5'7" | 170.1 | 42 | 43 | 43 | 44 | 45 | 46 | 47 | 47 | 48 | 49 | 50 | 50 | 51 | 52 | 53 |
| 5'8" | 172.7 | 41 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 47 | 48 | 49 | 50 | 51 | 51 |
| 5'9" | 175.2 | 39 | 40 | 41 | 42 | 42 | 43 | 44 | 45 | 45 | 46 | 47 | 48 | 48 | 49 | 50 |
| 5'10" | 177.8 | 38 | 39 | 40 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 45 | 46 | 47 | 48 | 48 |
| 5'11" | 180.3 | 37 | 38 | 39 | 39 | 40 | 41 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 46 | 47 |
| 6'0" | 182.8 | 36 | 37 | 38 | 38 | 39 | 40 | 40 | 41 | 42 | 42 | 43 | 44 | 44 | 45 | 46 |
| 6'1" | 185.4 | 35 | 36 | 37 | 37 | 38 | 38 | 39 | 40 | 40 | 41 | 42 | 42 | 43 | 44 | 44 |
| 6'2" | 187.9 | 34 | 35 | 36 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 41 | 41 | 42 | 43 | 43 |
| 6'3" | 190.5 | 33 | 34 | 35 | 35 | 36 | 36 | 37 | 38 | 38 | 39 | 40 | 40 | 41 | 41 | 42 |
| 6'4" | 193.0 | 32 | 33 | 34 | 34 | 35 | 35 | 36 | 37 | 37 | 38 | 39 | 39 | 40 | 40 | 41 |
| 6'5" | 195.5 | 32 | 32 | 33 | 33 | 34 | 35 | 35 | 36 | 36 | 37 | 38 | 38 | 39 | 39 | 40 |
| 6'6" | 198.1 | 31 | 31 | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36 | 37 | 37 | 38 | 38 | 39 |
| 6'7" | 200.6 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 34 | 35 | 36 | 36 | 37 | 37 | 38 |
| 6'8" | 203.2 | 29 | 30 | 30 | 31 | 31 | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36 | 36 | 37 |
| 6'9" | 205.7 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36 |