

Table 3–1
Weight for height table (screening table weight)

Height (in inches)	Minimum weight (in pounds)*	Male weight in pounds, by age				Female weight in pounds, by age			
		17–20	21–27	28–39	40+	17–20	21–27	28–39	40+
58	91	—	—	—	—	119	121	122	124
59	94	—	—	—	—	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80	173	234	240	247	250	227	230	233	236

Notes:

* Male and female Soldiers who fall below the minimum weights shown in table 3–1 will be referred for immediate medical evaluation.

¹ Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches; if the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.

² Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound; if the weight fraction is 1/2 pound or greater, round up to the next highest pound.

³ All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

⁴ If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.

⁵ Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

Table 3–2
Maximum allowable percent body fat standards

Age Group: 17–20

Male (% body fat): 20%

Female (% body fat): 30%

Age Group: 21–27

Male (% body fat): 22%

Female (% body fat): 32%

Age Group: 28–39

Male (% body fat): 24%

Female (% body fat): 34%

Age Group: 40 & Older

Male (% body fat): 26%

Female (% body fat): 36%

Army Weight and Body Fat Requirements Chart distributed by



<http://www.army-portal.com>

Your Information Resource
for All Things Army!