

9.09 Weight Table I - Men

Height without shoes (inches)	Weight (pounds)	BMI	10 percent weight loss (rounded)	BMI
60	246	48	221	43.2
61	252	47.6	227	42.9
62	258	47.2	232	42.4
63	264	46.8	238	42.2
64	270	46.3	243	41.7
65	276	45.9	248	41.3
66	284	45.8	256	41.3
67	294	46	265	41.5
68	302	45.9	272	41.4
69	310	45.8	279	41.2
70	318	45.6	286	41
71	328	45.7	295	41.1
72	336	45.6	302	41
73	346	45.6	311	41
74	356	45.7	320	41.1
75	364	45.5	328	41
76	374	45.5	337	41

9.09 Weight Table II - Women

Height without shoes (inches)	Weight (pounds)	BMI	10 percent weight loss (rounded)	BMI
56	208	46.6	187	41.9
57	212	45.9	191	41.3
58	218	45.6	196	41
59	224	45.2	202	40.8
60	230	44.9	207	40.4
61	236	44.6	212	40.1
62	242	44.3	218	39.9
63	250	44.3	225	39.9
64	258	44.3	232	39.8
65	266	44.3	239	39.8
66	274	44.2	247	39.9
67	282	44.2	254	39.8
68	290	44.1	261	39.7
69	298	44	268	39.6
70	306	43.9	275	39.5
71	314	43.8	283	39.5
72	322	43.7	290	39.3