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What Weight Should I Be For My Height

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One of the most commonly asked weight loss questions is; what weight should I be for my height? It's a good question to ask as it indicates an understanding that there is an appropriate weight range determined by height and a willingness to discover what that weight range is. People who assume they know what weight (or measurement) they should be are the ones who are more likely to suffer from eating disorders trying to attain an impossible weight or size.

These days the most common method of determining the ideal weight based on height is the BMI system. But when you're asking the question 'what weight should I be for my height?' the BMI system only provides a very general idea of the ideal weight because BMI (body mass index) is based upon the average weight RANGE which takes into account all frame sizes but the size of your frame will partially determines your position within that range. Quite obviously, a person with a small frame should be lighter than someone with a large frame! Because of this, it can be handy to know your frame size when calculating your ideal weight. If you think of it in terms of healthy BMI (i.e. 18-25) a person with a small frame may have a BMI of around 18-20. A person with a medium frame may have a BMI around 20-23 and a person with a large frame may have a BMI of 23-25. A person with a small frame can still have unnecessary fat if their BMI is in the higher average. NOT THAT YOU NEED TO WORRY ABOUT THAT (It's important to say that)... as long as you are within the 18-25 BMI range you're unlikely to suffer weight related diseases. You can [Click here to Calculate Your BMI](#)

How to calculate body frame size

The simplest way to calculate body frame size is by using your wrist measurement. Watch the video below to find out how to calculate body frame size. Don't worry about the tables at the end as I've included them below anyway.

Male Wrist Measurements		
Height	More than 5'5"	More than 163cms
Small	5.5" - 6.5"	140-165mm
Medium	6.5" - 7.5"	165-191mm
Large	More than 7.5"	More than 191mm

Female Wrist Measurement			
Height	Less than 5'2"	5'2"-5'5"	More than 5'5"
	Less than 155cm	155cms-163cms	More than 163cms
Small	Less than 5.5"	Less than 6"	Less than 6.25"
	Less than 140mm	Less than 152mm	Less than 159mm
Medium	5.5"-5.75"	6" - 6.25"	6.25"- 6.5"
	140-146mm	152 - 159mm	159-165mm
Large	More than 5.75"	More than 6.25"	More than 6.5"
	More than 146mm	More than 159mm	More than 165mm

So, now that you know what frame size you are we can progress to calculating your ideal weight.

So... What weight should I be for my height?

Obviously, the other thing you need to answer this question is your height. Because the majority of visitors to the site are from the US I've only included the charts in feet/inches and pounds. So for the benefit of visitors who are accustomed to the metric system I have included a calculator below the post :)

Here is the chart for male weight and height

Ideal Weight For Frame Size in Pounds For Men

Men	Small	Medium	Large
5'2"	129-134	131-141	138-150
5'3"	160-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	164-140	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'	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
6'5"	166-180	175-192	186-214
6'6"	170-184	179-197	191-220
6'7"	174-188	183-203	196-226
6'8"	179-192	187-209	202-233
6'9"	184-197	192-215	209-240
6'10"	189-202	197-221	216-247

Here is the chart for female weight and height

Ideal Weight For Frame Size in Pounds For Women

Women	Small	Medium	Large
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'	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'	138-151	148-162	158-179
6'1"	141-154	151-165	161-182
6'2"	144-157	154-168	164-185
6'3"	147-160	157-171	167-188
6'4"	150-163	160-174	170-191
6'5"	153-166	163-177	173-194

So you need to lose weight? A couple of years ago I tried a fantastic health and weight loss product that I was so impressed with I became an affiliate. That product was miracle noodle. [miracle noodles](#) are made from a form of dietary fiber mixed with water. The human body can not convert fiber to energy so the noodles are effectively calorie free which makes them an ideal weight loss food. This amazing noodle allows you to reduce the calorie intake of a meal by 300 calories or more WITHOUT reducing food intake. [Click here for more information on miracle noodles](#)

Disclosure: The Miracle Noodle link above is an affiliate link. Sales generated via this link will result in commissions being earned.

You can also find this article published on [What Weight Should I Be For My Height](#), and on the tag pages [Weight Loss Tools](#).