

Height Weight Chart

PATIENT INFORMATION

Name: _____

Age: _____

Gender: _____

Height: _____

Weight: _____

InstructionsTo use the height weight chart, simply locate the your height in the leftmost column and then move across to the corresponding weight range for your gender. The chart is meant to serve as a guide for ideal weight ranges based on height and gender.

Note: This height weight chart is intended for adults 18 years and older. The weight ranges provided are general guidelines and may not apply to everyone. It is important to consult with a healthcare professional to determine a healthy weight range for individual patients based on their age, gender, and medical history.