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

noight table	(corconning	table treight,						
		Male weight in pounds, by age			Female weight in pounds, by age			
Minimum weight (in pounds)*	17–20	21–27	28–39	40+	17–20	21–27	28–39	40+
91	_	_	_	_	119	121	122	124
94	_	_	_	_	124	125	126	128
97	132	136	139	141	128	129	131	133
100	136	140	144	146	132	134	135	137
104	141	144	148	150	136	138	140	142
107	145	149	153	155	141	143	144	146
110	150	154	158	160	145	147	149	151
114	155	159	163	165	150	152	154	156
117	160	163	168	170	155	156	158	161
121	165	169	174	176	159	161	163	166
125	170	174	179	181	164	166	168	171
128	175	179	184	186	169	171	173	176
132	180	185	189	192	174	176	178	181
136	185	189	194	197	179	181	183	186
140	190	195	200	203	184	186	188	191
144	195	200	205	208	189	191	194	197
148	201	206	211	214	194	197	199	202
152	206	212	217	220	200	202	204	208
156	212	217	223	226	205	207	210	213
160	218	223	229	232	210	213	215	219
164	223	229	235	238	216	218	221	225
168	229	235	241	244	221	224	227	230
173	234	240	247	250	227	230	233	236
	Minimum weight (in pounds)* 91 94 97 100 104 107 110 114 117 121 125 128 132 136 140 144 148 152 156 160 164 168	Minimum weight (in pounds)* 91 — 94 — 97 132 100 136 104 141 107 145 110 150 114 155 117 160 121 165 125 170 128 175 132 180 136 185 140 190 144 195 148 201 152 206 156 212 160 218 164 223 168 229	Minimum weight (in pounds)* 17–20 21–27 91 — — 94 — — 97 132 136 100 136 140 104 141 144 107 145 149 110 150 154 114 155 159 117 160 163 121 165 169 125 170 174 128 175 179 132 180 185 136 185 189 140 190 195 144 195 200 148 201 206 152 206 212 156 212 217 160 218 223 164 223 229 168 229 235	Minimum weight (in pounds)* 17–20 21–27 28–39 91 — — — 94 — — — 97 132 136 139 100 136 140 144 104 141 144 148 107 145 149 153 110 150 154 158 114 155 159 163 117 160 163 168 121 165 169 174 125 170 174 179 128 175 179 184 132 180 185 189 136 185 189 194 140 190 195 200 144 195 200 205 148 201 206 211 152 206 212 217 156 212 217	Minimum weight (in pounds)* 17–20 21–27 28–39 40+ 91 — — — — 94 — — — — 97 132 136 139 141 100 136 140 144 146 104 141 144 148 150 107 145 149 153 155 110 150 154 158 160 114 155 159 163 165 117 160 163 168 170 121 165 169 174 176 125 170 174 179 181 128 175 179 184 186 132 180 185 189 192 136 185 189 194 197 140 190 195 200 203 144 195 <td>Male weight in pounds, by age Minimum weight (in pounds)* 17–20 21–27 28–39 40+ 17–20 91 — — — — 119 94 — — — 124 97 132 136 139 141 128 100 136 140 144 146 132 104 141 144 148 150 136 107 145 149 153 155 141 110 150 154 158 160 145 114 155 159 163 165 150 117 160 163 168 170 155 121 165 169 174 176 159 125 170 174 179 181 164 128 175 179 184 186 169 132 180 185 189</td> <td>Male weight in pounds, by age Female weigh by Minimum weight (in pounds)* 17–20 21–27 28–39 40+ 17–20 21–27 91 — — — 119 121 94 — — — — 124 125 97 132 136 139 141 128 129 100 136 140 144 146 132 134 104 141 144 148 150 136 138 107 145 149 153 155 141 143 110 150 154 158 160 145 147 114 155 159 163 165 150 152 117 160 163 168 170 155 156 121 165 169 174 176</td> <td> Minimum weight (in pounds) Minimum weight</td>	Male weight in pounds, by age Minimum weight (in pounds)* 17–20 21–27 28–39 40+ 17–20 91 — — — — 119 94 — — — 124 97 132 136 139 141 128 100 136 140 144 146 132 104 141 144 148 150 136 107 145 149 153 155 141 110 150 154 158 160 145 114 155 159 163 165 150 117 160 163 168 170 155 121 165 169 174 176 159 125 170 174 179 181 164 128 175 179 184 186 169 132 180 185 189	Male weight in pounds, by age Female weigh by Minimum weight (in pounds)* 17–20 21–27 28–39 40+ 17–20 21–27 91 — — — 119 121 94 — — — — 124 125 97 132 136 139 141 128 129 100 136 140 144 146 132 134 104 141 144 148 150 136 138 107 145 149 153 155 141 143 110 150 154 158 160 145 147 114 155 159 163 165 150 152 117 160 163 168 170 155 156 121 165 169 174 176	Minimum weight (in pounds) Minimum weight

Notes:

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%

^{*} 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.

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