

**APPENDIX E
HEIGHT AND WEIGHT STANDARDS - FEMALE**

Height Inches	Healthy Weight	NGB MAW	NYG Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61+
60	95-125	136	160	164	168	172	176	180
61	100-130	138	162	166	170	175	179	183
62	100-135	141	165	169	174	178	182	186
63	105-140	144	168	173	177	181	186	190
64	105-145	147	171	176	180	185	189	193
65	110-145	150	175	180	183	188	195	197
66	115-150	155	180	185	189	194	198	203
67	115-155	159	184	189	193	198	204	208
68	120-160	164	189	194	198	204	209	214
69	120-165	168	193	198	203	208	215	220
70	125-165	173	198	204	208	214	219	224
71	130-175	177	202	208	212	218	224	229
72	135-180	182	207	213	218	224	229	235
73	140-185	188	214	219	224	231	236	242
74	140-190	194	220	226	231	237	243	249
75	145-195	199	225	231	237	243	249	255
76	150-200	205	231	237	243	250	256	262
77	155-205	210	236	243	249	255	261	268
78	160-210	215	241	248	254	261	267	274
79	165-215	221	248	254	261	268	274	280
80	170-220	226	253	260	266	273	280	287
+1		+20	+111%	+115%	+118%	+121%	+124%	+127%

NOTES:

MAW = Maximum Allowable Weight

NYG = New York Guard

- For every inch **less than 60 inches**, subtract 2 pounds from the MAW.
- For every inch **over 80 inches**, add 6 pounds to the NYG MAW and adjust for age group.
- Measure height in stocking feet (without shoes), standing on a flat surface, with chin parallel to the floor. The body should be straight but not rigid, similar to a position of attention. The measurement should be **rounded to the nearest inch**, using the following guidelines:
 - If the height fraction is **less than ½ inch**, round down to the nearest whole number.
 - If the height fraction is **½ inch or greater**, round up to the nearest whole number.
- Subtract **five (5) pounds** for any military uniform (trousers, no blouse or boots); or two (2) pounds for gym clothing.