

Om Sai Nam

### Height & Weight Measurement Chart

Age	18 - 22		23 - 27		28 - 32		33 - 37		38 - 42		43 - 47		48 - 52		53 - 67	
	Std	Est.	Std	Est.	Std	Est.	Std	Est.	Std	Est.	Std	Est.	Std	Est.	Std	Est.
146	44.1	138	45.4	142	46.6	145	47.5	147	47.9	149	48.2	150	48.4	151	48.6	152
148	44.7	139	46.2	143	47.4	146	48.4	148	48.8	150	49.1	151	49.3	153	49.5	154
150	45.5	140	47	144	48.3	147	49.4	150	49.8	152	50.1	153	50.3	155	50.5	156
152	46.2	141	47.8	145	49.2	148	50.4	151	50	154	51.1	155	51.3	156	51.5	157
153	46.6	141.5	48.2	145.5	49.7	148.5	50.9	152	51.3	155	51.6	156	51.8	157	52	158
154	47.1	142	48.7	146	50.3	149	51.5	153	51.9	156	52.2	157	52.4	158	52.6	159
155	47.5	142.5	49.2	146.5	50.8	149.5	52	154	52.4	156.5	52.7	157.5	52.9	159	53.1	160
156	48	143	49.7	147	51.4	150	52.6	155	53	157	53.3	158	53.5	160	53.7	161
157	48.5	144	50.2	147.5	51.9	151	53.1	156	53.5	158	53.8	159	54.1	161	54.3	162
158	49	145	50.8	149	52.5	152	53.7	157	54.1	159	54.4	160	54.7	162	54.9	163
159	49.5	145.5	51.4	149.5	53.1	153	54.3	157.5	54.7	160	55	161	55.3	162.5	55.6	163.5
160	50	146	52	150	53.7	154	54.9	158	55.3	161	55.7	162	56	163	56.3	164
161	50.6	146.5	52.6	150.5	54.3	154.5	55.5	159	55.9	161.5	56.3	162.5	56.7	164	57	165
162	51.2	147	53.2	151	54.9	155	56.1	160	56.6	162	57	163	57.4	165	57.7	166
163	51.8	147.5	53.8	152	55.5	155.5	56.8	160.5	57.3	163	57.7	164	58.1	166	58.4	167
164	52.4	148	54.4	153	56.2	156	57.5	161	58	164	58.5	165	58.9	167	59.2	168
165	53	148.5	55	153.5	56.9	156.5	58.2	162	58.7	165	59.2	166	59.6	167.5	60	168.5
166	53.7	149	55.7	154	57.6	157	59	163	59.5	166	60	167	60.4	168	60.8	169
167	54.4	149.5	56.4	154.5	58.3	158	59.8	163.5	60.3	167	60.8	168	61.2	169	61.6	170
168	55.1	150	57.2	155	59.1	159	60.6	164	61.1	168	61.6	169	62	170	62.4	171
169	55.8	151	57.9	155.5	59.8	160	61.4	165	61.9	168.5	62.4	169.5	62.8	170.5	63.2	171.5
170	56.5	152	58.7	156	60.6	161	62.2	166	62.8	169	63.3	170	63.7	171	64.1	172
172	58	153	60.2	158	62.1	162	63.9	167	64.5	171	65	172	65.5	173	65.9	174
174	59.5	154	61.7	160	63.7	164	65.6	168	66.2	172	66.7	174	67.3	175	67.7	176
176	61	156	63.3	161	65.3	165	67.3	170	67.9	173	68.4	175	69.1	176	69.5	177
178	62.5	157	64.9	162	67	166	69	172	69.6	174	70.2	176	70.9	177	71.3	178
180	64.1	158	66.5	163	68.7	167	70.7	173	71.3	175	72	177	72.7	179	73.2	180
182	65.7	160	68.1	164	70.4	168	72.4	174	73	176	73.8	178	74.5	180	75.1	181
184	67.3	161	69.7	166	72.1	170	74.1	175	74.8	178	75.6	179	76.3	181	77	182
186	68.9	162	71.4	167	73.8	171	75	176	76.6	179	77.4	180	78.1	182	78.9	183
188	70.5	163	73.1	168	75.6	172	77	177	78.4	180	79.2	181	79.9	183	80.8	184
190	72.1	164	74	169	77.4	173	79.6	178	80.2	181	81	183	81.7	185	82.7	186