

<b>inches</b>	<b>56</b>	<b>57</b>	<b>58</b>	<b>59</b>	<b>60</b>	<b>61</b>	<b>62</b>	<b>63</b>	<b>64</b>	<b>65</b>	<b>66</b>	<b>67</b>
cm	142.24	144.78	147.32	149.86	152.4	154.94	157.48	160.02	162.56	165.1	167.64	170.18
Broca's index (1871) mean (kg)	42.24	44.78	47.32	49.86	52.4	54.94	57.48	60.02	62.56	65.1	67.64	70.18
Broca's index (1871) men maximum (kg)	46.46	49.26	52.05	54.85	57.64	60.43	63.23	66.02	68.82	71.61	74.40	77.20
Broca's index (1871) men minimum (kg)	38.02	40.30	42.59	44.87	47.16	49.45	51.73	54.02	56.30	58.59	60.88	63.16
Simple Rule (using Broca' index as model)												
Simple Rule....men (kg)					49.90	52.16	54.43	56.70	58.97	61.23	63.50	65.77
Met Life men small frame (minimum) kg						55.79	56.70	57.61	58.51	59.42	60.33	61.23
Met Life men small frame (maximum) kg						58.51	59.42	60.33	61.23	62.14	63.05	64.00
Met Life men medium frame (minimum) kg						57.15	58.51	58.97	59.87	60.78	62.14	63.50
Met Life men medium frame (maximum) kg						61.69	63.05	63.50	64.86	66.22	67.59	68.95
Met Life men large frame (minimum) kg						60.33	61.23	62.14	63.05	63.96	65.77	66.68
Met Life men large frame (maximum) kg						65.77	67.13	68.49	70.31	72.12	73.94	75.75
Devine Formua (1974) ( for medication dosage)												
Devine Formua (1974) Men (kg)					50.00	52.30	54.60	56.90	59.20	61.50	63.80	66.10
Robinson's Formula (1983)												
Robinson's Formula 1983 Men (kg)					52	53.9	55.8	57.7	59.6	61.5	63.4	65.3
Miller Formula (1983)												
Miller Formula (1983) Men (kg)					56.2	57.61	59.02	60.43	61.84	63.25	64.66	66.07
CDC medical rcomendation (based on 19 to 25 BMI)												
Male or Female BMI of 19 ( Low healthy weight)					44.13	45.61	47.12	48.65	50.21	51.79	53.40	55.03
Male or Female BMI of 25 (Hight healthy weight)					58.06	60.02	62.00	64.02	66.06	68.15	70.26	72.40