

inches	68	69	70	71	72	73	74	75	76	77	78	79	80
Broca's index (1871) men maximum lbs	176.35	182.51	188.67	194.83	200.99	207.15	213.31	219.47	225.63	231.79	237.95	244.11	250.27
Broca's index (1871) men minimum lbs	144.29	149.33	154.37	159.41	164.45	169.49	174.52	179.56	184.60	189.64	194.68	199.72	204.76
Simple Rule....men lbs	150	155	160	165	170	175	180	185	190	195	200	205	210
Met Life men small frame (minimum)	137	139	141	144	147	150	153	157					
Met Life men small frame (maximum)	146	149	152	155	159	163	167	171					
Met Life men medium frame (minimum)	143	146	149	152	155	159	162	166					
Met Life men medium frame (maximum)	155	158	161	165	169	173	177	182					
Met Life men large frame (minimum)	153	153	156	159	163	167	171	176					
Met Life men large frame (maximum)	171	175	179	183	187	192	202	202					
Devine Formua (1974) (medication dosage)													
Devine Formua (1974) Men (lb)	150.79	155.87	160.94	166.01	171.08	176.15	181.22	186.29	191.36	196.43	201.50	206.57	211.64
Robinson's Formula (1983)													
Robinson's Formula Men 1983 (lb)	148.15	152.34	156.53	160.72	164.90	169.09	173.28	177.47	181.66	185.85	190.04	194.23	198.41
Miller Formula (1983)													
Miller Formula (1983) Men (lb)	148.77	151.87	154.98	158.09	161.20	164.31	167.42	170.53	173.63	176.74	179.85	182.96	186.07
CDC medical recommendation (based on 19 to 25 BMI)													
Male or Female BMI of 19 (Low healthy weight)	121.68	125.29	128.95	132.66	136.42	140.24	144.11	148.03	152.00	156.03	160.11	164.24	168.42
Male or Female BMI of 25 (Hight healthy weight)	163.78	168.63	173.56	178.55	183.62	188.75	193.96	199.24	204.58	210.00	215.49	221.05	226.69