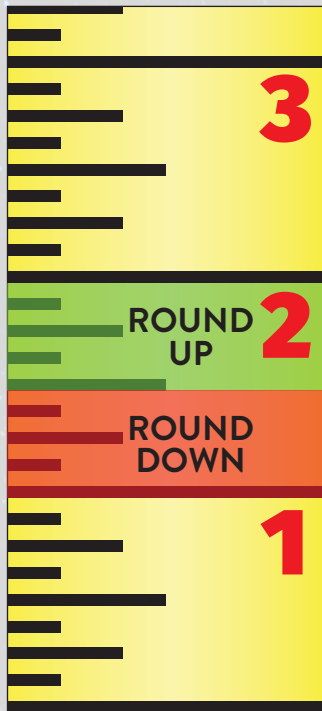


# HEIGHT



X.5" - X.99"  
ROUND UP

X.0" - X.49"  
ROUND DOWN

(ROUND UP OR  
DOWN TO NEAREST  
FULL INCH)

# WEIGHT



↑  
X.5 - X.99  
ROUND UP



↓  
X.0 - X.49  
ROUND DOWN

**- 2 lbs**  
FOR CLOTHING



NO SHOES

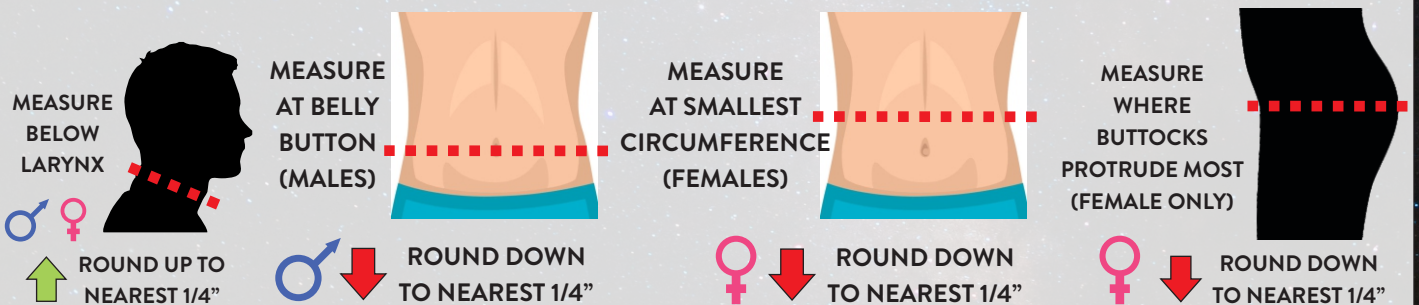


NO PT JACKET

## MAXIMUM WEIGHT (BMI)

Ht	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Wt	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205	210	216	221	227

## BODY FAT MEASUREMENTS (IF OVER BMI)



MEASURE  
BELOW  
LARYNX



↑  
ROUND UP TO  
NEAREST 1/4"

MEASURE  
AT BELLY  
BUTTON  
(MALES)



↓  
ROUND DOWN  
TO NEAREST 1/4"

MEASURE  
AT SMALLEST  
CIRCUMFERENCE  
(FEMALES)



↓  
ROUND DOWN  
TO NEAREST 1/4"

MEASURE  
WHERE  
BUTTOCKS  
PROTRUDE MOST  
(FEMALE ONLY)



↓  
ROUND DOWN  
TO NEAREST 1/4"