

Weight for height table for **girls**

(Height 106cm to 180cm)

Height (cm) (a)	Underweight (kg)	Borderline underweight (kg)	Healthy weight (kg) (c) (d)	Borderline overweight (kg)	Overweight (kg)	Severely overweight (kg)
106	12.1 & below	12.2 – 13.9	14.0 – 17.0	17.1 – 18.4	18.5 – 21.4	21.5 & above
108	12.7 & below	12.8 – 14.3	14.4 – 17.6	17.7 – 19.1	19.2 – 22.5	22.6 & above
110	13.2 & below	13.3 – 15.0	15.1 – 18.4	18.5 – 20.1	20.2 – 23.4	23.5 & above
112	13.8 & below	13.9 – 15.8	15.9 – 19.2	19.3 – 20.9	21.0 – 24.8	24.9 & above
114	14.5 & below	14.6 – 16.6	16.7 – 20.2	20.3 – 22.2	22.3 – 25.9	26.0 & above
116	15.1 & below	15.2 – 17.3	17.4 – 21.1	21.2 – 23.1	23.2 – 27.0	27.1 & above
118	15.9 & below	16.0 – 18.2	18.3 – 22.3	22.4 – 24.3	24.4 – 28.3	28.4 & above
120	16.7 & below	16.8 – 18.9	19.0 – 23.1	23.2 – 25.3	25.4 – 29.7	29.8 & above
122	17.5 & below	17.6 – 19.9	20.0 – 24.2	24.3 – 26.6	26.7 – 30.9	31.0 & above
124	18.2 & below	18.3 – 20.8	20.9 – 25.4	25.5 – 27.9	28.0 – 32.4	32.5 & above
126	19.1 & below	19.2 – 21.8	21.9 – 26.6	26.7 – 29.0	29.1 – 34.0	34.1 & above
128	20.0 & below	20.1 – 22.9	23.0 – 28.0	28.1 – 30.5	30.6 – 35.7	35.8 & above
130	21.1 & below	21.2 – 24.0	24.1 – 29.2	29.3 – 31.9	32.0 – 37.4	37.5 & above
132	22.1 & below	22.2 – 24.9	25.0 – 30.6	30.7 – 33.5	33.6 – 39.0	39.1 & above
134	23.3 & below	23.4 – 26.5	26.6 – 32.1	32.2 – 35.0	35.1 – 40.8	40.9 & above
136	24.5 & below	24.6 – 27.8	27.9 – 33.8	33.9 – 36.7	36.8 – 42.9	43.0 & above
138	25.8 & below	25.9 – 29.0	29.1 – 35.7	35.8 – 38.8	38.9 – 45.2	45.3 & above
140	26.9 & below	27.0 – 30.4	30.5 – 37.4	37.5 – 40.2	40.3 – 47.4	47.5 & above
142	28.3 & below	28.4 – 31.9	32.0 – 39.1	39.2 – 42.2	42.3 – 49.9	50.0 & above
144	29.7 & below	29.8 – 33.6	33.7 – 40.9	41.0 – 44.6	44.7 – 52.1	52.2 & above
146	31.1 & below	31.2 – 35.1	35.2 – 42.9	43.0 – 46.7	46.8 – 54.4	54.5 & above
148	32.4 & below	32.5 – 36.7	36.8 – 44.9	45.0 – 48.7	48.8 – 56.9	57.0 & above
150	33.8 & below	33.9 – 38.3	38.4 – 46.8	46.9 – 50.7	50.8 – 59.3	59.4 & above
152	34.9 & below	35.0 – 39.7	39.8 – 48.7	48.8 – 52.7	52.8 – 61.6	61.7 & above
154	36.6 & below	36.7 – 40.9	41.0 – 50.5	50.6 – 54.8	54.9 – 63.9	64.0 & above
156	37.9 & below	38.0 – 42.7	42.8 – 52.1	52.2 – 56.7	56.8 – 66.6	66.7 & above
158	39.1 & below	39.2 – 44.0	44.1 – 54.1	54.2 – 58.7	58.8 – 68.7	68.8 & above
160	40.4 & below	40.5 – 45.6	45.7 – 55.7	55.8 – 60.6	60.7 – 71.0	71.1 & above
162	41.6 & below	41.7 – 47.1	47.2 – 57.5	57.6 – 62.4	62.5 – 73.4	73.5 & above
164	42.8 & below	42.9 – 48.4	48.5 – 59.1	59.2 – 64.1	64.2 – 75.0	75.1 & above
166	43.8 & below	43.9 – 49.4	49.5 – 60.6	60.7 – 65.7	65.8 – 76.8	76.9 & above
168	45.1 & below	45.2 – 50.7	50.8 – 61.9	62.0 – 67.4	67.5 – 78.7	78.8 & above
170	46.0 & below	46.1 – 51.8	51.9 – 63.5	63.6 – 69.0	69.1 – 80.4	80.5 & above
172	46.9 & below	47.0 – 52.9	53.0 – 64.7	64.8 – 70.5	70.6 – 82.3	82.4 & above
174	47.9 & below	48.0 – 53.9	54.0 – 66.0	66.1 – 71.8	71.9 – 84.1	84.2 & above
176	48.4 & below	48.5 – 54.9	55.0 – 67.1	67.2 – 73.1	73.2 – 85.4	85.5 & above
178	49.1 & below	49.2 – 55.8	55.9 – 68.4	68.5 – 74.4	74.5 – 86.9	87.0 & above
180	49.9 & below	50.0 – 56.1	56.2 – 69.4	69.5 – 75.9	76.0 – 87.9	88.0 & above

Source: School Health Service, 1993

* Please note that the acceptable weight range shown in the weight for height tables in your school includes that of healthy weight, borderline underweight and borderline overweight.