

Table 1
Weight for Height Table (Screening Table Weight)

Height (in inches)	Male Age				Female Age			
	17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	—	—	—	—	109	112	115	119
59	—	—	—	—	113	116	119	123
60	132	136	139	141	116	120	123	127
61	136	140	144	146	120	124	127	131
62	141	144	148	150	125	129	132	137
63	145	149	153	155	129	133	137	141
64	150	154	158	160	133	137	141	145
65	155	159	163	165	137	141	145	149
66	160	163	168	170	141	146	150	154
67	165	169	174	176	145	149	154	159
68	170	174	179	181	150	154	159	164
69	175	179	184	186	154	158	163	168
70	180	185	189	192	159	163	168	173
71	185	189	194	197	163	167	172	177
72	190	195	200	203	167	172	177	183
73	195	200	205	208	172	177	182	188
74	201	206	211	214	178	183	189	194
75	206	212	217	220	183	188	194	200
76	212	217	223	226	189	194	200	206
77	218	223	229	232	193	199	205	211
78	223	229	235	238	198	204	210	216
79	229	235	241	244	203	209	215	222
80	234	240	247	250	208	214	220	227

Notes:

1. The height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body should be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines:

- a. If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches.
- b. If the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.

2. The weight should be measured and recorded to the nearest pound within the following guidelines.

- a. If the weight fraction is less than 1/2 pound, round down to the nearest pound.
- b. If the weight fraction is 1/2 pound or greater, round up to the next highest pound.

3. All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

4. If the circumstances preclude weighing soldiers during the APFT, they should be weighed within 30 days of the APFT.

5. Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

Body Fat Percentages

Table 2

Maximum allowable percent body fat standards

Age Group: 17-20

Male (% body fat): %20

Female (% body fat): %30

Age Group: 21-27

Male (% body fat): %22

Female (% body fat): %32

Age Group: 28-39

Male (% body fat): %24

Female (% body fat): %34

Age Group: 40 & Older

Male (% body fat): %26

Female (% body fat): %36