

AT-RISK WEIGHT CHART

Height	Weight (lbs)	Height	Weight (lbs)
4' 10"	129	5' 7"	172
4' 11"	133	5' 8"	177
5' 0"	138	5' 9"	182
5' 1"	143	5' 10"	188
5' 2"	147	5' 11"	193
5' 3"	152	6' 0"	199
5' 4"	157	6' 1"	204
5' 5"	162	6' 2"	210
5' 6"	167	6' 3"	216
		6' 4"	221

Adapted from the CDC Prediabetes Risk Test: At-Risk Weight Chart