

New Max Allowable Weight and Body Fat Standards for Military Personnel
 (Scheduled Implementation: October 2009)

<i>Represents Maximum Allowable Weights for BMI of 27.5 (regardless of age)</i>																							
Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	131	136	141	145	150	155	160	165	170	175	180	186	191	197	202	208	214	220	225	231	237	244	250

Body Fat Standards

Age	Percent Body Fat (Men)	Percent Body Fat (Women)
Less than 30	22%	32%
Less than 40	24%	34%
Age 40 or greater	26%	36%