

NASE / US NAVY MAXIMUM ALLOWABLE WEIGHT CHART



Height Ft/In	Height Inches	BMI Max	Max Weight	Max Weigh + 20%
5'	60"	28	142	170
5' 1"	61"	28	147	176
5' 2"	62"	28	152	182
5' 3"	63"	28	157	188
5' 4"	64"	28	162	194
5' 5"	65"	28	167	200
5' 6"	66"	28	172	206
5' 7"	67"	28	177	212
5' 8"	68"	28	182	218
5' 9"	69"	28	188	226
5' 10"	70"	28	192	230
5' 11"	71"	28	196	235
6'	72"	28	201	241
6' 1"	73"	28	206	247
6' 2"	74"	28	211	253
6' 3"	75"	28	216	259
6' 4"	76"	28	221	265
6' 5"	77"	28	226	271
6' 6"	78"	28	231	277
6' 7"	79"	28	236	283
6' 8"	80"	28	241	289