

Adult Weight-adjusted Waist Index (WWI) Chart

Find your weight on the left and your waist along the top. The number where your height and waist meet is your WWI.

			Waist																										
			20"	22"	24"	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"	64"	66"	68"	70"	72"
Stone	Pounds	Kg	50.8	55.9	61.0	66.0	71.1	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	157.5	162.6	167.6	172.7	177.8	182.9
5' 10lb	80	36.3	8.4	9.3	10.1	11.0	11.8	12.6	13.5	14.3	15.2	16.0	16.9	17.7	18.6	19.4	20.2	21.1	21.9	22.8	23.6	24.5	25.3	26.1	27.0	27.8	28.7	29.5	30.4
6' 1lb	85	38.6	8.2	9.0	9.8	10.6	11.5	12.3	13.1	13.9	14.7	15.5	16.4	17.2	18.0	18.8	19.6	20.5	21.3	22.1	22.9	23.7	24.5	25.4	26.2	27.0	27.8	28.6	29.5
6' 6lb	90	40.8	8.0	8.7	9.5	10.3	11.1	11.9	12.7	13.5	14.3	15.1	15.9	16.7	17.5	18.3	19.1	19.9	20.7	21.5	22.3	23.1	23.9	24.6	25.4	26.2	27.0	27.8	28.6
6' 11lb	95	43.1	7.7	8.5	9.3	10.1	10.8	11.6	12.4	13.2	13.9	14.7	15.5	16.3	17.0	17.8	18.6	19.3	20.1	20.9	21.7	22.4	23.2	24.0	24.8	25.5	26.3	27.1	27.9
7' 2lb	100	45.4	7.5	8.3	9.1	9.8	10.6	11.3	12.1	12.8	13.6	14.3	15.1	15.8	16.6	17.3	18.1	18.9	19.6	20.4	21.1	21.9	22.6	23.4	24.1	24.9	25.6	26.4	27.2
7' 7lb	105	47.6	7.4	8.1	8.8	9.6	10.3	11.0	11.8	12.5	13.2	14.0	14.7	15.5	16.2	16.9	17.7	18.4	19.1	19.9	20.6	21.3	22.1	22.8	23.6	24.3	25.0	25.8	26.5
7' 12lb	110	49.9	7.2	7.9	8.6	9.3	10.1	10.8	11.5	12.2	12.9	13.7	14.4	15.1	15.8	16.5	17.3	18.0	18.7	19.4	20.1	20.9	21.6	22.3	23.0	23.7	24.5	25.2	25.9
8' 3lb	115	52.2	7.0	7.7	8.4	9.1	9.8	10.6	11.3	12.0	12.7	13.4	14.1	14.8	15.5	16.2	16.9	17.6	18.3	19.0	19.7	20.4	21.1	21.8	22.5	23.2	23.9	24.6	25.3
8' 8lb	120	54.4	6.9	7.6	8.3	9.0	9.6	10.3	11.0	11.7	12.4	13.1	13.8	14.5	15.1	15.8	16.5	17.2	17.9	18.6	19.3	20.0	20.7	21.3	22.0	22.7	23.4	24.1	24.8
8' 13lb	125	56.7	6.7	7.4	8.1	8.8	9.4	10.1	10.8	11.5	12.1	12.8	13.5	14.2	14.8	15.5	16.2	16.9	17.5	18.2	18.9	19.6	20.2	20.9	21.6	22.3	22.9	23.6	24.3
9' 4lb	130	59.0	6.6	7.3	7.9	8.6	9.3	9.9	10.6	11.2	11.9	12.6	13.2	13.9	14.6	15.2	15.9	16.5	17.2	17.9	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.2	23.8
9' 9lb	135	61.2	6.5	7.1	7.8	8.4	9.1	9.7	10.4	11.0	11.7	12.3	13.0	13.6	14.3	14.9	15.6	16.2	16.9	17.5	18.2	18.8	19.5	20.1	20.8	21.4	22.1	22.7	23.4
10' 0lb	140	63.5	6.4	7.0	7.6	8.3	8.9	9.6	10.2	10.8	11.5	12.1	12.7	13.4	14.0	14.7	15.3	15.9	16.6	17.2	17.8	18.5	19.1	19.8	20.4	21.0	21.7	22.3	22.9
10' 5lb	145	65.8	6.3	6.9	7.5	8.1	8.8	9.4	10.0	10.6	11.3	11.9	12.5	13.2	13.8	14.4	15.0	15.7	16.3	16.9	17.5	18.2	18.8	19.4	20.0	20.7	21.3	21.9	22.6
10' 10lb	150	68.0	6.2	6.8	7.4	8.0	8.6	9.2	9.9	10.5	11.1	11.7	12.3	12.9	13.5	14.2	14.8	15.4	16.0	16.6	17.2	17.9	18.5	19.1	19.7	20.3	20.9	21.6	22.2
11' 1lb	155	70.3	6.1	6.7	7.3	7.9	8.5	9.1	9.7	10.3	10.9	11.5	12.1	12.7	13.3	13.9	14.5	15.1	15.8	16.4	17.0	17.6	18.2	18.8	19.4	20.0	20.6	21.2	21.8
11' 6lb	160	72.6	6.0	6.6	7.2	7.8	8.3	8.9	9.5	10.1	10.7	11.3	11.9	12.5	13.1	13.7	14.3	14.9	15.5	16.1	16.7	17.3	17.9	18.5	19.1	19.7	20.3	20.9	21.5
11' 11lb	165	74.8	5.9	6.5	7.0	7.6	8.2	8.8	9.4	10.0	10.6	11.2	11.7	12.3	12.9	13.5	14.1	14.7	15.3	15.9	16.4	17.0	17.6	18.2	18.8	19.4	20.0	20.6	21.1
12' 2lb	170	77.1	5.8	6.4	6.9	7.5	8.1	8.7	9.3	9.8	10.4	11.0	11.6	12.1	12.7	13.3	13.9	14.5	15.0	15.6	16.2	16.8	17.4	17.9	18.5	19.1	19.7	20.2	20.8
12' 7lb	175	79.4	5.7	6.3	6.8	7.4	8.0	8.6	9.1	9.7	10.3	10.8	11.4	12.0	12.5	13.1	13.7	14.3	14.8	15.4	16.0	16.5	17.1	17.7	18.2	18.8	19.4	20.0	20.5
12' 12lb	180	81.6	5.6	6.2	6.7	7.3	7.9	8.4	9.0	9.6	10.1	10.7	11.2	11.8	12.4	12.9	13.5	14.1	14.6	15.2	15.7	16.3	16.9	17.4	18.0	18.6	19.1	19.7	20.2
13' 3lb	185	83.9	5.5	6.1	6.7	7.2	7.8	8.3	8.9	9.4	10.0	10.5	11.1	11.6	12.2	12.8	13.3	13.9	14.4	15.0	15.5	16.1	16.6	17.2	17.7	18.3	18.9	19.4	20.0
13' 8lb	190	86.2	5.5	6.0	6.6	7.1	7.7	8.2	8.8	9.3	9.8	10.4	10.9	11.5	12.0	12.6	13.1	13.7	14.2	14.8	15.3	15.9	16.4	17.0	17.5	18.1	18.6	19.2	19.7
13' 13lb	195	88.5	5.4	5.9	6.5	7.0	7.6	8.1	8.6	9.2	9.7	10.3	10.8	11.3	11.9	12.4	13.0	13.5	14.0	14.6	15.1	15.7	16.2	16.7	17.3	17.8	18.4	18.9	19.4
14' 4lb	200	90.7	5.3	5.9	6.4	6.9	7.5	8.0	8.5	9.1	9.6	10.1	10.7	11.2	11.7	12.3	12.8	13.3	13.9	14.4	14.9	15.5	16.0	16.5	17.1	17.6	18.1	18.7	19.2
14' 9lb	205	93.0	5.3	5.8	6.3	6.8	7.4	7.9	8.4	9.0	9.5	10.0	10.5	11.1	11.6	12.1	12.6	13.2	13.7	14.2	14.8	15.3	15.8	16.3	16.9	17.4	17.9	18.4	19.0
15' 0lb	210	95.3	5.2	5.7	6.2	6.8	7.3	7.8	8.3	8.8	9.4	9.9	10.4	10.9	11.5	12.0	12.5	13.0	13.5	14.1	14.6	15.1	15.6	16.1	16.7	17.2	17.7	18.2	18.7
15' 5lb	215	97.5	5.1	5.7	6.2	6.7	7.2	7.7	8.2	8.7	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.9	13.4	13.9	14.4	14.9	15.4	15.9	16.5	17.0	17.5	18.0	18.5
15' 10lb	220	99.8	5.1	5.6	6.1	6.6	7.1	7.6	8.1	8.6	9.2	9.7	10.2	10.7	11.2	11.7	12.2	12.7	13.2	13.7	14.2	14.7	15.3	15.8	16.3	16.8	17.3	17.8	18.3
16' 1lb	225	102.1	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.1	9.6	10.1	10.6	11.1	11.6	12.1	12.6	13.1	13.6	14.1	14.6	15.1	15.6	16.1	16.6	17.1	17.6	18.1
16' 6lb	230	104.3	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.4	9.9	10.4	10.9	11.4	11.9	12.4	12.9	13.4	13.9	14.4	14.9	15.4	15.9	16.4	16.9	17.4	17.9
16' 11lb	235	106.6	4.9	5.4	5.9	6.4	6.9	7.4	7.9	8.4	8.9	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.8	13.3	13.8	14.3	14.8	15.3	15.7	16.2	16.7	17.2	17.7
17' 2lb	240	108.9	4.9	5.4	5.8	6.3	6.8	7.3	7.8	8.3	8.8	9.3	9.7	10.2	10.7	11.2	11.7	12.2	12.7	13.1	13.6	14.1	14.6	15.1	15.6	16.1	16.6	17.0	17.5
17' 7lb	245	111.1	4.8	5.3	5.8	6.3	6.7	7.2	7.7	8.2	8.7	9.2	9.6	10.1	10.6	11.1	11.6	12.0	12.5	13.0	13.5	14.0	14.5	14.9	15.4	15.9	16.4	16.9	17.3
17' 12lb	250	113.4	4.8	5.2	5.7	6.2	6.7	7.2	7.6	8.1	8.6	9.1	9.5	10.0	10.5	11.0	11.4	11.9	12.4	12.9	13.4	13.8	14.3	14.8	15.3	15.7	16.2	16.7	17.2
18' 3lb	255	115.7	4.7	5.2	5.7	6.1	6.6	7.1	7.6	8.0	8.5	9.0	9.4	9.9	10.4	10.9	11.3	11.8	12.3	12.8	13.2	13.7	14.2	14.6	15.1	15.6	16.1	16.5	17.0
18' 8lb	260	117.9	4.7	5.1	5.6	6.1	6.5	7.0	7.5	8.0	8.4	8.9	9.4	9.8	10.3	10.8	11.2	11.7	12.2	12.6	13.1	13.6	14.0	14.5	15.0	15.4	15.9	16.4	16.8
18' 13lb	265	120.2	4.6	5.1	5.6	6.0	6.5	7.0	7.4	7.9	8.3	8.8	9.3	9.7	10.2	10.7	11.1	11.6	12.0	12.5	13.0	13.4	13.9	14.4	14.8	15.3	15.8	16.2	16.7
19' 4lb	270	122.5	4.6	5.0	5.5	6.0	6.4	6.9	7.3	7.8	8.3	8.7	9.2	9.6	10.1	10.6	11.0	11.5	11.9	12.4	12.9	13.3	13.8	14.2	14.7	15.1	15.6	16.1	16.5
19' 9lb	275	124.7	4.5	5.0	5.5	5.9	6.4	6.8	7.3	7.7	8.2	8.6	9.1	9.6	10.0	10.5	10.9	11.4	11.8	12.3	12.7	13.2	13.6	14.1	14.6	15.0	15.5	15.9	16.4
20' 0lb	280	127.0	4.5	5.0	5.4	5.9	6.3	6.8	7.2	7.7	8.1	8.6	9.0	9.5	9.9	10.4	10.8	11.3	11.7	12.2	12.6	13.1	13.5	14.0	14.4	14.9	15.3	15.8	16.2
20' 5lb	285	129.3	4.5	4.9	5.4	5.8	6.3	6.7	7.1	7.6	8.0	8.5	8.9	9.4	9.8	10.3	10.7	11.2	11.6	12.1	12.5	13.0	13.4	13.9	14.3	14.7	15.2	15.6	16.1
20' 10lb	290	131.5	4.4	4.9	5.3	5.8	6.2	6.6	7.1	7.5	8.0	8.4	8.9	9.3	9.7	10.2	10.6	11.1	11.5	12.0	12.4	12.8	13.3	13.7	14.2	14.6	15.1	15.5	15.9
21' 1lb	295	133.8	4.4	4.8	5.3	5.7	6.1	6.6	7.0	7.5	7.9	8.3	8.8	9.2	9.7	10.1	10.5	11.0	11.4	11.9									