

# Ideal Weight Calculator

Name: \_\_\_\_\_

Date: \_\_ / \_\_ / \_\_

- Current weight: \_\_\_\_ kg / \_\_\_\_ lbs
- Height: \_\_\_\_ cm / \_\_\_\_ ft \_\_\_\_ in

## Ideal Weight Calculation

### Hamwi Formula

#### STEP 1

☐ Male? 106 lbs + (6 x \_\_\_\_ inches above 5ft) = \_\_\_\_ lbs ideal weight

☐ Female? 100 lbs + (5 x \_\_\_\_ inches above 5ft) = \_\_\_\_ lbs ideal weight

#### STEP 2 – Perform the wrist measurement test

☐ Medium body frame? (same as Step 1 result) = \_\_\_\_ lbs ideal weight

☐ Large body frame? Step 1 result \_\_\_\_ lbs x 1.1 = \_\_\_\_ lbs ideal weight

☐ Small body frame? Step 1 result \_\_\_\_ lbs x 0.9 = \_\_\_\_ lbs ideal weight

### Longevity Formula

☐ Male? 105 lbs + (5 x \_\_\_\_ inches above 5ft) = \_\_\_\_ lbs ideal weight

☐ Female? 95 lbs + (4 x \_\_\_\_ inches above 5ft) = \_\_\_\_ lbs ideal weight

Optimal weight range: From \_\_\_\_ lbs to \_\_\_\_ lbs