

HEIGHT AND WEIGHT STANDARDS

(GSDF Soldier's Handbook: "Appendix B")

1. The maintenance of appropriate height and weight standards is important not only to general health but to ensure safe performance of GSDF duties and acceptable appearance in uniform.
2. The height and weight table below prescribes maximum allowable weight for GSDF personnel based on height. Measurements will be taken without shoes. Height will be rounded to the nearest inch. Three pounds credit may be given for regular street clothing.
3. Applicants who do not meet these standards are strongly encouraged to contact their personal physician who can make recommendations regarding diet and exercise programs to bring weight into acceptable and healthful limits. Reapply once within the Height and Weight standards.
4. The standards contained here exceed those allowed for active/reserve component personnel and take into account the nature of GSDF duties. They are designed to ensure that GSDF personnel present minimum acceptable appearance when in uniform.

Maximum Allowable Weight in pounds for Age (Male/Female):

Height	Age 21 – 27 (m/f)	Age 28 – 39 (m/f)	Age 40 – 51 (m/f)	Age 52 - 64 (m/f)
4' 10"	na/120	na/124	na/131	na/137
4' 11"	na/124	na/128	na/135	na/142
5' 0"	148/132	153/135	157/142	160/147
5' 1"	154/136	158/139	162/146	165/151
5' 2"	158/142	162/145	168/153	170/159
5' 3"	164/146	168/150	173/157	175/162
5' 4"	169/150	173/155	179/162	181/166
5' 5"	175/155	179/159	184/166	187/171
5' 6"	179/162	184/165	189/172	192/176
5' 7"	186/164	191/169	197/178	203/183
5' 8"	191/169	197/175	202/183	206/189
5' 9"	197/173	202/179	209/188	215/193
5' 10"	203/179	208/184	215/193	218/199
5' 11"	208/183	213/189	220/198	226/203
6' 0"	214/189	220/194	227/204	230/211
6' 1"	220/194	225/200	232/210	236/217
6' 2"	226/201	232/207	239/217	245/222
6' 3"	233/206	238/213	246/224	249/230
6' 4"	238/213	245/220	251/230	254/237
6' 5"	245/219	252/225	259/236	263/243
6' 6"	252/224	258/231	266/241	269/248
6' 7"	258/230	265/236	273/248	276/256
6' 8"	264/235	271/242	280/254	283/262
Height	Age 21 – 27 (m/f)	Age 28 – 39 (m/f)	Age 40 – 51 (m/f)	Age 52 - 64 (m/f)