

Printable average height and weight chart from new-borns to teenagers

This is an easy-to-read downloadable height and weight chart that gives you a clear picture of the average height and weight for children from 0-20 years. The information provided in the table below can be helpful for both parents and children who are curious about the healthy height and weight range for every age.

Male Height/Weight Chart

Age	Length	Healthy weight
0 month	18-22 inches 45-55 cms	5.5-8.3 lbs 2.5-3.8 kgs
6 month	25-29 inches 63-73 cms	14.7-19.4 lbs 6.7-8.8 kgs
1 year	28-32 inches 71-81 cms	19.1-24.6 lbs 8.7-11.2 kgs
2	32-36 inches 81-92 cms	23.5-30.2 lbs 10.7-13.7 kgs
3	35-40 inches 89-102 cms	26.4-33.9 lbs 12.0-15.4 kgs
4	37-43 inches 95-109 cms	29.9-39 lbs 13.6-17.7 kgs
5	40-46 inches 101-117 cms	33.5-44.5 lbs 15.2-20.2 kgs
6	42-48 inches 107-123 cms	37.2-50.4 lbs 16.9-22.9 kgs
7	44-56 inches 113-131 cms	41.2-56.6 lbs 18.7-25.7 kgs
8	47-54 inches 119-138 cms	45.4-63.4 lbs 20.6-28.8 kgs
9	45-49 inches 114-124 cms	50-71.2 lbs 22.7-32.3 kgs
10	50-59 inches 128-149 cms	54.8-80.4 lbs 24.9-36.5 kgs
11	52-61 inches 132- 155 cms	60.6-91 lbs 27.5-41.3 kgs

12	137-161 cms 54-63 inches	30.5-46.8 kgs 67.2-103.1 lbs
13	56-66 inches 143-169 cms	75.39 - 115.9 lbs 34.2-52.6 kgs
14	59-69.6 inches 150-177 cms	84.6 - 128.9 lbs 38.4-58.5 kgs
15	62-72 inches 157-182 cms	94.7 - 141.3 lbs 43.0-64.1 kgs
16	63-73 inches 161-185 cms	104.2 - 152.1 lbs 47.3-69.0 kgs
17	64-74 inches 163-187 cms	111.9 - 160.4 lbs 50.8-72.8 kgs
18	65-74 inches 164-188 cms	117.2 - 166.4 lbs 53.2-75.5 kgs
19	65-74 inches 165-188 cms	120.8 - 170.8 lbs 54.8-77.5 kgs
20	65-74 inches 165-189 cms	122.5-174.3 lbs 55.6-79.1 kgs

Female Height/Weight Chart

Age	Length	Healthy weight
0 month	18-21 inches 45-54 cms	5.5-8.1 lbs 2.5-3.7 kgs
6 month	24-28 inches 62-70 cms	13.4-17.6 lbs 6.1-8.0 kgs
1 year	27-31 inches 69-79 cms	17.8-22.7 lbs 8.1-10.3 kgs
2	31-36 inches 79-91 cms	22.4-28.4 lbs 10.2-12.9 kgs
3	35-40 inches 88-101 cms	25.5-33.2 lbs 11.6-15.1 kgs
4	37-43 inches 94-108 cms	28.6-38.3 lbs 13.0-17.4 kgs
5	39-46 inches 100-116 cms	32.4-43.8 lbs 14.7-19.9 kgs

6	42-49 inches 107-124 cms	36.1-49.8 lbs 16.4-22.6 kgs
7	44-52 inches 113-131 cms	40.1-56.4 lbs 18.2-25.6 kgs
8	46-54 inches 118-138 cms	44.3-64.1 lbs 20.1-29.1 kgs
9	48-57 inches 123-144 cms	49.2-73.1 lbs 22.3-33.2 kgs
10	50-59 inches 127-150 cms	54.6-83.7 lbs 24.8-38.0 kgs
11	52-61 inches 132-156 cms	61.2-95 lbs 27.8-43.1 kgs
12	55-64 inches 139-163 cms	68.5-106.4 lbs 31.1-48.3 kgs
13	57-66 inches 146-168 cms	76.2-116.6 lbs 34.6-52.9 kgs
14	59-67 inches 150-171 cms	83.5-125 lbs 37.9-56.7 kgs
15	59-69 inches 151-173 cms	89.7-130.9 lbs 40.7-59.4 kgs
16	59-69 inches 152-173 cms	94.5-134.7 lbs 42.9-61.1 kgs
17	60-68 inches 152-173 cms	97.8-137.3 lbs 44.4-62.3 kgs
18	60-69 inches 152-174 cms	99.8-139.7 lbs 45.3-63.4 kgs
19	60-69 inches 152-174 cms	101.1-142.6 lbs 45.9-64.7 kgs
20	60-69 inches 153-174 cms	101.8-145 lbs 46.2-65.8 kgs

Disclaimer - Sourced from [CDC](https://www.cdc.gov/growthcharts/), this height and weight chart is only a guideline. Growth rates tend to vary from child to child. If your child's growth rate doesn't match the average height and weight chart, please consult a certified doctor or a pediatrician.

Note to keep in mind:

The table has been sourced from CDC which provides average weight and height ranges in percentiles. Healthy weight ranges from 5th to 85th percentiles.

The average height and weight for boys and girls changes as they age.

Take into consideration factors such as puberty, growth spurts, etc when comparing young children and teenagers' weights with the data given above.

No matter what the height or weight of your child is, dieting is not recommended for babies, young children, or teens. The most important thing is to focus on a balanced diet and being physically active.

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