



Senior Weight Chart for Adults Over 60

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1 Senior Weight Chart Overview

Healthy weight after 60 focuses on stability, strength, and overall wellness. Body composition changes naturally over time, and weight interpretation should include mobility, hydration, and professional medical guidance.



2 Height-Based Weight Reference (Women 60+)

Height	Suggested Weight Range
4'10"	105-133
5'0"	108-137
5'2"	112-142
5'4"	116-146
5'6"	120-151
5'8"	125-156
5'10"	130-162
6'0"	135-167

3 Height-Based Weight Reference (Men 60+)

Height	Suggested Weight Range
4'10"	118-147
5'0"	121-151
5'2"	125-156
5'4"	129-161
5'6"	133-166
5'8"	137-171
5'10"	141-176
6'0"	145-181

4 12-Month Weight Tracking Log

Month	Weight (lbs)	Notes
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		