

# How to Calculate your Ideal Protein Intake

## Steps:

1. Locate your height on the chart below.
2. Find the ideal weight range in pounds corresponding to your height.
3. Your protein goal will match this range in grams.
4. Example: If you're 5'4", the ideal weight range is 110–145 lbs, so your protein goal is 110–145 grams of protein per day.
5. You can target this range or pick a specific number in the middle for a precise protein goal (e.g., 120 g/day).

Height	Ideal Weight Range (lbs)
4'10"	91–118 lbs
4'11"	94–123 lbs
5'0"	97–128 lbs
5'1"	100–132 lbs
5'2"	104–136 lbs
5'3"	107–141 lbs
5'4"	110–145 lbs
5'5"	114–150 lbs
5'6"	118–155 lbs
5'7"	121–159 lbs
5'8"	125–164 lbs
5'9"	128–169 lbs
5'10"	132–174 lbs
5'11"	136–179 lbs
6'0"	140–184 lbs
6'1"	144–189 lbs
6'2"	148–195 lbs
6'3"	152–200 lbs
6'4"	156–205 lbs