



ARMY WHtR TARGET WAIST

Maximum passing waist by height

Army Directive 2026-13 · effective 7 July 2026

THE STANDARD

waist ÷ height must be **BELOW 0.550**

HEIGHT	INCHES	WAIST UNDER	IN CM
4'10"	58	31.9 in	81.0 cm
4'11"	59	32.4 in	82.4 cm
5'0"	60	33.0 in	83.8 cm
5'1"	61	33.6 in	85.2 cm
5'2"	62	34.1 in	86.6 cm
5'3"	63	34.7 in	88.0 cm
5'4"	64	35.2 in	89.4 cm
5'5"	65	35.8 in	90.8 cm
5'6"	66	36.3 in	92.2 cm
5'7"	67	36.8 in	93.6 cm
5'8"	68	37.4 in	95.0 cm
5'9"	69	38.0 in	96.4 cm
5'10"	70	38.5 in	97.8 cm
5'11"	71	39.1 in	99.2 cm
6'0"	72	39.6 in	100.6 cm
6'1"	73	40.2 in	102.0 cm
6'2"	74	40.7 in	103.4 cm
6'3"	75	41.2 in	104.8 cm
6'4"	76	41.8 in	106.2 cm
6'5"	77	42.4 in	107.6 cm
6'6"	78	42.9 in	109.0 cm
6'7"	79	43.4 in	110.4 cm
6'8"	80	44.0 in	111.8 cm