

Pet-to-Human Weight Equivalent Chart

Golden retriever – Male

Dog's Weight (lbs)	Percentage Overweight	Equivalent Weight 5'4" Adult Female	Equivalent Pounds Overweight - Adult Female	BMI for 5'4" Adult Female	Equivalent Weight 5'9" Adult Male	Equivalent Pounds Overweight - Adult Male	BMI for 5'9" Adult Male
65	0%	108	0	18.5	125	0	18.5
75	0%	145	0	24.9	169	0	25.0
77	3%	149	4	25.6	174	5	25.6
79	5%	153	8	26.2	178	9	26.3
81	8%	157	12	26.9	183	14	27.0
83	11%	160	15	27.5	187	18	27.6
85	13%	164	19	28.2	192	23	28.3
87	16%	168	23	28.9	196	27	28.9
89	19%	172	27	29.5	201	32	29.6
91	21%	176	31	30.2	205	36	30.3
93	24%	180	35	30.9	210	41	30.9
95	27%	184	39	31.5	214	45	31.6
97	29%	188	43	32.2	219	50	32.3
99	32%	191	46	32.9	223	54	32.9
101	35%	195	50	33.5	228	59	33.6
103	37%	199	54	34.2	232	63	34.3
105	40%	203	58	34.8	237	68	34.9
107	43%	207	62	35.5	241	72	35.6
109	45%	211	66	36.2	246	77	36.3
111	48%	215	70	36.8	250	81	36.9
113	51%	218	73	37.5	255	86	37.6
115	53%	222	77	38.2	259	90	38.3
130	73%	251	106	43.1	293	124	43.3
140	87%	271	126	46.5	315	146	46.6
150	100%	290	145	49.8	338	169	49.9

