

WEIGHT (LBS)	WEIGHT (KG)	PROTEIN PER DAY (NOT VERY ACTIVE)	PROTEIN PER DAY (ACTIVE OR PREGNANT)	PROTEIN PER DAY (EXTREMELY ACTIVE)
100	45.5	36.4 g	59.2 g	81.9 g
105	47.7	38.2 g	62 g	85.9 g
110	50	40 g	65 g	90 g
115	52.3	41.8 g	68 g	94.1 g
120	54.5	43.6 g	70.9 g	98.1 g
125	56.8	45.4 g	73.8 g	102.2 g
130	59.1	47.3 g	76.8 g	106.4 g
135	61.4	49.1 g	79.8 g	110.5 g
140	63.6	50.9 g	82.7 g	114.5 g
145	65.9	52.7 g	85.7 g	118.6 g
150	68.2	54.7 g	88.7 g	122.8 g
155	70.5	56.4 g	91.7 g	126.9 g
160	72.7	58.2 g	94.5 g	130.8 g
165	75	60 g	97.5 g	135 g