

Table 2: Mid-Parental Target Height Formulas

Boys: $[\text{father's height in inches} + (\text{mother's height in inches} + 5 \text{ inches})]/2$

Girls: $[(\text{father's height in inches} - 5 \text{ inches}) + \text{mother's height in inches}]/2$

NOTE: *For calculations in centimeters, divide inches by 2.54.*