

Poshan Tracker Growth Chart (WHO Standards)

Essential Reference for Parents & Anganwadi Workers

Table 1: Boys Weight-for-Age (WHO Standards)

Age (Months)	Median (kg)	-2 SD (Moderate)	-3 SD (Severe)
0 (Birth)	3.3	2.5	2.1
6	7.9	6.4	5.7
12 (1 Yr)	9.6	7.7	6.9
24 (2 Yr)	12.2	9.7	8.6
36 (3 Yr)	14.3	11.3	10.0
48 (4 Yr)	16.3	12.7	11.2
60 (5 Yr)	18.3	14.1	12.4

Table 2: Girls Weight-for-Age (WHO Standards)

Age (Months)	Median (kg)	-2 SD (Moderate)	-3 SD (Severe)
0 (Birth)	3.2	2.4	2.0
6	7.3	5.8	5.1
12 (1 Yr)	8.9	7.0	6.3
24 (2 Yr)	11.5	9.0	8.1
36 (3 Yr)	13.9	10.8	9.6
48 (4 Yr)	16.1	12.3	10.9
60 (5 Yr)	18.2	13.7	12.1

Classification Legend:

Color Zone	Classification	Action Recommended
Green	Normal Growth	Continue healthy diet and monitoring
Yellow	Moderately Underweight	Supplementary nutrition & monitoring
Orange/Red	Severely Underweight	Immediate Medical/NRC Referral

Source: World Health Organization (WHO) Child Growth Standards. Designed for Poshan Tracker Users.