

**Table 2: Mid-Parental Target Height Formulas**

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

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

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