Empirical Rule
(the 68–95–99.7 rule)

In statistics, the **Empirical Rule**, also known as the **68–95–99.7 rule**, is a shorthand used to remember the percentage of values, in a normal distribution, that lie within a band around the mean.

The bands refer to the prediction that plus or minus one standard deviation (or z-score) should contain 68% of the distribution, plus or minus two standard deviations (or z-scores) should contain 95% of the data, and plus or minus three standard deviations (or z-scores) should contain 99.7% of the data.