



Body Composition Female

NAME _____

Date					
Body Site A mm measurement					
Tricep					
Bicep					
Suprailiac					
Subscapular					
Total site A mm =					
Chart A % Body Fat					
Body Site B mm measurement					
Tricep					
Thigh					
Suprailiac					
Total site B mm =					
Chart B % Body Fat					
Average Fat % (%A +%B/2)					
Weight					
Fat Lbs.					
Lean Mass					
Circumference					
Neck					
Chest					
Waist					
Hip					
Thigh					
Calf					
Bicep					

Chart A Female
Fat % Four Locations
Subscapular, Suprailiac, Biceps, Triceps.

9-10	8.84
11-12	10.74
13-14	12.44
15-16	14.14
17-18	15.66
19-20	16.99
21-22	18.10
23-24	19.56
25-26	20.66
27-28	21.30
29-30	22.12
31-32	22.92
33-34	23.72
35-36	24.92
37-38	25.84
39-40	26.74
41-42	27.38
43-44	28.02
45-46	28.66
47-48	29.00
49-50	29.54
51-52	30.04
53-54	30.54
55-56	31.10
57-58	31.84
59-60	32.30
61-62	32.71
63-64	33.29
65-66	34.31
67-68	34.71
69-70	35.11
71-72	35.34
73-74	36.00
75-76	36.89
77-78	37.30
79-80	37.98
81-82	38.72
83-84	39.25
85-86	39.78
87-88	40.00
89-90	40.36
91-92	40.68
93-94	40.98
95-96	41.40
97-98	42.28
99-100	42.61
101-102	42.98
103-104	43.65

Chart B Female
Fat % Three Locations
Suprailiac, Thigh, Triceps.

15-16	8.10
17-18	8.90
19-20	9.40
21-22	10.00
23-24	10.60
25-26	11.20
27-28	11.80
29-30	12.40
31-32	13.00
33-34	13.60
35-36	14.20
37-38	14.80
39-40	15.40
41-42	16.00
43-44	16.60
45-46	17.20
47-48	17.80
49-50	18.40
51-52	19.00
53-54	19.60
55-56	20.20
57-58	20.80
59-60	21.40
61-62	22.00
63-64	22.60
65-66	23.40
67-68	24.00
69-70	24.60
71-72	25.20
73-74	25.80
75-76	26.60
77-78	27.20
79-80	28.80
81-82	29.60
83-84	30.30
85-86	31.00
87-88	31.70
89-90	32.30
91-92	33.00
93-94	33.60
95-96	34.20
97-98	34.80
99-100	35.20
101-102	35.80
103-104	36.20
105-106	36.80
107-108	37.20
109-110	38.00