



Body Composition

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 Male
Fat % Four Locations
Subscapular, Suprailiac, Biceps, Triceps.

9-10	4.52
11-12	5.12
13-14	6.02
15-16	7.12
17-18	8.22
19-20	9.12
21-22	10.3
23-24	11.58
25-26	12.18
27-28	13.51
29-30	14.30
31-32	15.50
33-34	16.10
35-36	17.63
37-38	18.83
39-40	19.67
41-42	20.35
43-44	21.03
45-46	21.67
47-48	22.35
49-50	22.99
51-52	23.63
53-54	24.27
55-56	24.79
57-58	25.26
59-60	25.87
61-62	26.37
63-64	26.77
65-66	26.99
67-68	27.48
69-70	28.01
71-72	28.75
73-74	30.20
75-76	30.70
77-78	31.35
79-80	31.92
81-82	32.15
83-84	33.95
85-86	34.48
87-88	34.79
89-90	35.35
91-92	36.93
93-94	37.34
95-96	37.99
97-98	38.53
99-100	39.13
101-102	39.73
103-104	40.35

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

9-10	3.40
11-12	4.00
13-14	4.40
15-16	5.30
17-18	5.80
19-20	6.40
21-22	6.80
23-24	7.70
25-26	8.30
27-28	8.60
29-30	9.20
31-32	9.60
33-34	10.20
35-36	10.50
37-38	11.10
39-40	11.40
41-42	12.00
43-44	12.30
45-46	12.90
47-48	13.40
49-50	13.90
51-52	14.50
53-54	15.00
55-56	15.60
57-58	16.10
59-60	16.70
61-62	17.30
63-64	18.00
65-66	18.50
67-68	19.10
69-70	19.80
71-72	20.50
73-74	21.00
75-76	21.80
77-78	22.40
79-80	23.00
81-82	23.60
83-84	24.10
85-86	24.90
87-88	25.50
89-90	26.10
91-92	26.60
93-94	27.40
95-96	28.20
97-98	28.90
99-100	29.60
101-102	30.30
103-104	31.00
105-106	31.60
107-108	32.00