

BODY FAT CONTENT WORKSHEET (Female)

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME <i>(Last, First, Middle Initial)</i>	SSN	RANK	NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT <i>(to nearest 0.50 inch)</i>	WEIGHT <i>(to nearest pound)</i>	AGE	

STEP	FIRST	SECOND	THIRD	AVERAGE <i>(to nearest 0.50 in.)</i>
1. Measure neck just below level of larynx (<i>Adam's apple</i>) up to nearest 0.50 inch. Repeat three times, then average.				
2. Measure waist (<i>abdomen</i>) at the point of minimal abdominal circumference. Round down to nearest .50 inch. Repeat three times, then average.				
3. Measure hips at point where the gluteus muscles (<i>buttocks</i>) protrude backward the most. Round down to nearest 0.50 inch. Repeat three times, then average.				

4. CALCULATIONS			REMARKS	
A. Enter average waist circumference				
B. Enter average hip circumference				
C. TOTAL (4A + 4B)				
D. Enter average neck circumference				
E. Enter circumference value (4C - 4D)				
F. Find the height in Table 3-1 (<i>Height Factor</i>). Enter height in inches.				
G. Find the Soldier's circumference value (<i>line 4E</i>) and height (<i>line 4F</i>) in Figure B-6 (Percent Fat Estimation for Women). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.				

CHECK ONE

___ Individual is in compliance with Army standards; ___ is not in compliance with the standards.
 ___ Recommended monthly weight loss is 3-8 lbs.

PREPARED BY <i>(Signature)</i>	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR <i>(Printed Name and Signature)</i>	RANK	DATE (YYYYMMDD)
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