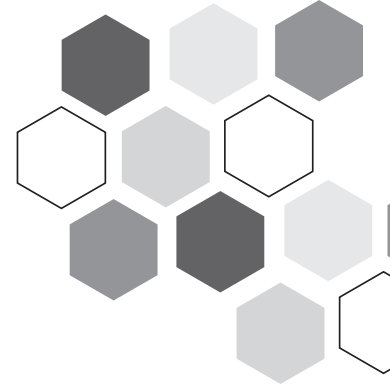


# BODY-COMPOSITION ASSESSMENT RESULTS



## HEIGHT, WEIGHT, AND BODY MASS INDEX

DATE: \_\_\_\_\_

Name: \_\_\_\_\_

Weight (lb): \_\_\_\_\_ Height (in): \_\_\_\_\_

If necessary, convert to metric units:

Weight in pounds x 0.454 = Weight in kg

Height in inches x 0.0254 = Height in m

Weight (kg): \_\_\_\_\_ Height (m): \_\_\_\_\_

Calculate body mass index (BMI):  $\text{Weight (kg)} / \text{Height}^2 \text{ (m)}$

BMI: \_\_\_\_\_

*Note:* Refer to page 299 for a BMI chart.

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## CIRCUMFERENCE MEASUREMENTS

DATE: \_\_\_\_\_

Abdomen: \_\_\_\_\_

Hips: \_\_\_\_\_

Iliac: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist-to-Hip Ratio:  $\text{Waist}/\text{Hip} =$  \_\_\_\_\_

---

## SKINFOLD MEASUREMENTS

DATE: \_\_\_\_\_

### MEN

Chest: \_\_\_\_\_

Abdomen: \_\_\_\_\_

Thigh: \_\_\_\_\_

Total: \_\_\_\_\_

### WOMEN

Triceps: \_\_\_\_\_

Suprailium: \_\_\_\_\_

Thigh: \_\_\_\_\_

Total: \_\_\_\_\_

% Body-fat estimation: \_\_\_\_\_

*Note:* Refer to pages 307 and 308 to determine body-fat estimates.

