

BODY FAT CONTENT WORKSHEET (Male)

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

NAME (Last, First, Middle Initial)		RANK		NOTE: ¼" = .25 ½" = .50 ¾" = .75	
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)			AGE
STEP		FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. (Repeat 3 times.)					
2. Measure neck just below level of larynx (Adam's apple.) Round up to the nearest 0.50 inch. (Repeat 3 times.)					
3. Enter the average abdominal circumference.					
4. Enter the average neck circumference.					
5. Enter circumference value (step 3 - step 4).					
6. Find the height in Table 3-1 (Height Factor). Enter height in inches.					
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-5 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.					

REMARKS

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 (Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)
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