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# **BODY FAT CONTENT WORKSHEET (Female)**

For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME <i>(Last, First, Middle Initial)</i>		SSN		RANK	NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT <i>(to nearest 0.25 inch)</i>		WEIGHT <i>(to nearest pound)</i>		AGE	
STEP	FIRST	SECOND	THIRD	AVERAGE <i>(to nearest 0.25 in.)</i>	

1. Find the soldier's weight in Table B-3 *(Weight Factor)*. Enter factor in 11A below.

2. Find soldier's height in Table B-4 *(Height Factor)*. Enter factor in 11D below.

3. Measure hips at point where the gluteus muscles <i>(buttocks)</i> protrude backward the most. Round off to nearest 0.25 inch. Repeat three times, then average.				
4. Measure forearm at its largest point <i>(with arm horizontal, palm up)</i> to nearest 0.25 inch. Repeat three times, then average.				
5. Measure neck just below level of larynx <i>(Adam's apple)</i> to nearest 0.25 inch. Repeat three times, then average.				
6. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch. Repeat three times, then average.				

7. Find average hip measurement in Table B-5 *(Hip Factor)*. Enter factor in 11B below.

8. Find average forearm measurement in Table B-6 *(Forearm Factor)*. Enter factor in 11E below.

9. Find average neck measurement in Table B-7 *(Neck Factor)*. Enter factor in 11F below.

10. Find average wrist measurement in Table B-8 *(Wrist Factor)*. Enter factor in 11G below.

11. CALCULATIONS			REMARKS
A. Weight Factor			
B. Hip Factor			
C. <b>TOTAL</b> <i>(11A + 11B)</i>			
D. Height Factor			
E. Forearm Factor			
F. Neck Factor			
G. Wrist Factor			
H. <b>TOTAL</b> <i>(11D + E + F + G)</i>			
I. <b>SOLDIER'S PERCENT BODY FAT</b> <i>(Line 11C-11H)</i>			

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