

BODY FAT CONTENT WORKSHEET *(Male)*

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

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

CHECK ONE					
<input type="checkbox"/> Individual is in compliance with Army Standards;		<input type="checkbox"/> is not in compliance with the standards.			
<input type="checkbox"/> Recommended monthly weight loss is 3-8 lbs.					
PREPARED BY <i>(Signature)</i>	RANK	DATE <i>(YYYYMMDD)</i>	APPROVED BY SUPERVISOR <i>(Printed Name and Signature)</i>	RANK	DATE <i>(YYYYMMDD)</i>