

Print Name: \_\_\_\_\_  
Last First Middle Initial

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_

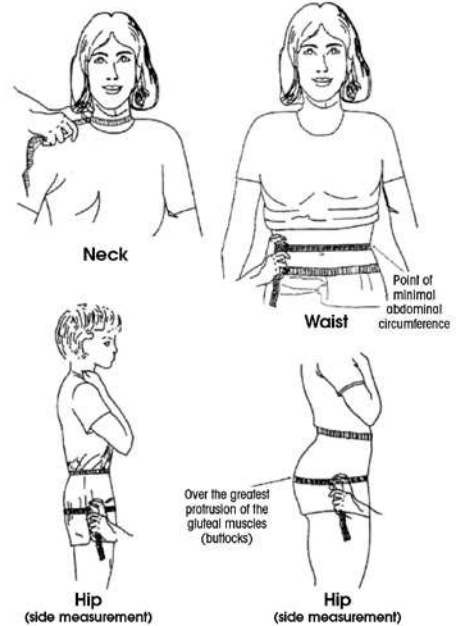
## FEMALE — Body Composition

	Measure 1	Measure 2	Measure 3	Average to the nearest .5"
<b>Neck</b>				
<b>Waist</b>				
<b>Hip</b>				

**Neck.** Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Do not place the tape measure over the Adam's apple. Client will look straight ahead during measurement, with shoulders down (not hunched). The tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck will be at the same height as the tape line in the back of the neck). Care will be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement. Round neck measurement up to the nearest 1/2 inch and record (for example, round 16 1/4 inches to 16 1/2 inches).

**Waist.** Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference. The waist circumference is taken at the narrowest point of the abdomen, usually about halfway between the navel and the end of the sternum (breast bone). When this site is not easily observed, take several measurements at probable sites and record the smallest value. The client's arms must be at the sides. Take measurements at the end of client's normal relaxed exhalation. Tape measurements of the waist will be made directly against the skin. Round the natural waist measurement down to the nearest 1/2 inch and record (for example, round 28 5/8 inches to 28 1/2 inches).

**Hip.** The client taking the measurement will view the person being measured from the side. Place the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) keeping the tape in a horizontal plane (parallel to the floor). Check front to back and side to side to be sure the tape is level to the floor on all sides before the measurements are recorded. Because the client will be wearing gym shorts, the tape can be drawn snugly to minimize the influence of the shorts on the size of the measurement. Round the hip measurement down to the nearest 1/2 inch and record (for example, round 44 3/8 inches to 44 inches).

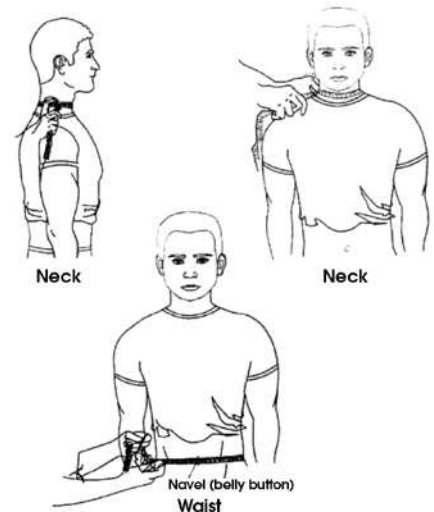


## MALE — Body Composition

	Measure 1	Measure 2	Measure 3	Average to the nearest .5"
<b>Neck</b>				
<b>Abdomen</b>				

**Neck.** Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Do not place the tape measure over the Adam's apple. Client will look straight ahead during measurement, with shoulders down (not hunched). The tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck will be at the same height as the tape line in the back of the neck). Care will be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement. Round neck measurement up to the nearest 1/2 inch and record (for example, round 16 1/4 inches to 16 1/2 inches).

**Abdomen.** Measure abdominal circumference against the skin at the navel (belly button), level and parallel to the floor. Arms are at the sides. Record the measurement at the end of client's normal, relaxed exhalation. Round abdominal measurement down to the nearest 1/2 inch and record (for example, round 34 3/4 to 34 1/2).



Printed Name and Signature of Authorized Person: \_\_\_\_\_

Agency and Title (Please print): \_\_\_\_\_

Office Phone #: \_\_\_\_\_ Date measurements were taken and entered below: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Mailing this form?** Send to Restore, PO Box 120099, West Melbourne, FL 32912-0099

**Faxing?** (321) 308-7775 **Questions?** Call (800) 264-2562, ext. 7004