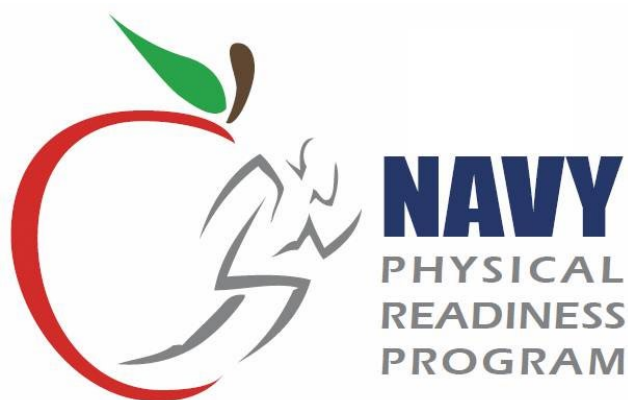


FEB 2025



GUIDE-4

BODY COMPOSITION ASSESSMENT (BCA)

APPROVED
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Change Transmittal

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Section 1: BCA Standards

1. BCA Requirements. Sailors are required to complete an official BCA, regardless of ability or authorization to participate in the PRT portion of the PFA, unless medically waived or exempted for pregnancy/postpartum. This requirement includes Sailors with an overdue or incomplete Periodic Health Assessment (PHA), Deployment-Related Health Assessment (DRHA), or NAVPERS 6110/3 (PARFQ). The BCA must be completed within 45 days of, but not less than 24 hours prior to, participation in the PRT. The official BCA is the first and only BCA authorized once the command PFA cycle has begun. At CO/OIC's discretion, the CO/OIC may assign a participation status of "UA" if the PRT is not completed within 45 days of the official BCA.

a. Only certified CFLs or trained ACFLs are authorized to conduct official BCA measurements. A minimum of two certified, trained, and designated in writing CFL/ACFLs are required to conduct official BCA measurements and sign the NAVPERS 6110/10.

b. Official BCA measurements are prohibited by Medical and/or Morale Welfare and Recreation personnel nor do they override official BCA measurements taken by the CFL or ACFL.

c. Private (i.e., one-on-one) BCA measurements are prohibited. Sailors are not entitled to private, same sex CFL/ACFL measurements. However, commands are encouraged to have both qualified male and female CFL/ACFLs whenever possible.

2. BCA Methods. The methods to determine a Sailor's BCA are as follows:

a. Maximum Weight for Height measurement (Step-1). Sailors who are within maximum weight for height pass the BCA. See [Table-1](#) for male and female maximum weight for height standards. In the center column, locate the Sailor's height (with fractions rounded up to the nearest whole inch). The maximum weight (in pounds) for men is located in the left column and the maximum weight (in pounds) for women is located in the right column. Sailors who are not within standards for Step-1 must participate in the Abdominal Circumference (AC) Measurement (Step-2).

b. Single-Site AC measurement (Step-2). Sailors who are within their sex-specific AC measurement pass the BCA. Sailors who exceed 39 inches for males and 35.5 inches for females must participate in the Body Circumference (BC) measurement (Step-3).

c. BC measurement (Step-3). Sailors who are within their sex-specific body fat percentages pass the BCA. Sailors who exceed the maximum allowable body fat limits of 26 percent for males and 36 percent for females fail the BCA and the overall PFA for the cycle (*unless they meet the requirements for the BCA-AAS PRT exemption*). See

[Table-2](#) for the Percent Body Fat Estimation for Men and [Table-3](#) for Percent Body Fat Estimation for Women.

(1) Sailors who fail Step-3 must still participate in the PRT and require medical clearance prior to PRT participation.

(2) Official BC measurements must be conducted in the official Navy Physical Training Uniform (PTU) or Optional PTU.

(3) Sailors who pass the BCA, but are not within the Age-Adjusted Standards (AAS) for their sex must be enrolled in FEP until they are within the AAS (*unless they meet the requirements for the BCA-AAS PRT exemption*). Below are the AAS for Sailors by sex and age:

Sex	Age Groups (Years)			
	17-21	22-29	30-39	40+
Male	22%	23%	24%	26%
Female	33%	34%	35%	36%

d. No substitute methods (e.g., underwater weighing, skin fold calipers, body mass index, bio-impedance, etc.) of assessment are permitted.

e. The official BCA is final and will not be reversed by a subsequent medical waiver for BCA. Sailors must address any potential medical issues prior to the official BCA.

3. Maximum Weight for Height (Step-1)

a. Height Measurement. Procedures for properly conducting height measurement are as follows:

(1) Sailor removes shoes and must be wearing socks. Sailors are prohibited from including any type of height enhancements (e.g., gel inserts) and are subject to military disciplinary action under the Uniform Code of Military Justice (UCMJ) if in violation of this order.

(2) Sailor will stand on flat surface, at attention, with head held horizontal, looking directly forward, with the line of vision horizontal, and the chin parallel to the deck. The body should be straight, but not rigid.

(3) Height measurement will be taken at the closest part of the Sailor's scalp. Hair bulk for Sailor will not exceed the prescribed grooming standards in the Navy Uniform Regulations manual.

(4) The exact (raw score) height measurement is to be recorded on the BCA Score Sheet. Height measurement will be rounded up to nearest full inch and used to determine the Sailor's maximum allowable weight, as described in [Table-1](#).

(5) Sailors are authorized to conduct the weight for height (Step-1) assessment in the uniform of the day (UOD) if Steps-2 and Step-3 are not required. All steps, if required, must be completed in sequential order on the same working day.

b. Weight Measurement. Procedures for properly conducting weight measurement are as follows:

(1) The weight measurement will be taken with the Sailor in Navy PTU/OPTU or in the uniform of the day, on calibrated scales (balance beam or digital) with shoes removed and socks worn.

(2) The exact (raw score) weight measurement is to be recorded on the BCA Score Sheet. Weight measurement will be rounded to the nearest pound. If the weight fraction is less than $\frac{1}{2}$ pound, round down to the nearest pound. If the weight fraction is $\frac{1}{2}$ pound or greater, round up to the nearest pound. No deduction for clothing is permitted.

(3) If Sailor's weight is less than or equal to the maximum weight listed for their sex and rounded height, they are within BCA standards, and Step-2 and Step-3 are not required.

(4) If Sailor's weight is greater than the maximum weight listed for their sex and rounded height, and the Sailor exceeds their sex-specific maximal AC measurement (Step-2), Step-3 must be performed. When performing Step-3, the raw (actual/measured/exact) height measurement from Step-1 is to be referenced to determine the Sailor's body fat percentage value. For example, if the Sailor's measured height is 67 $\frac{1}{4}$ inches, for Step-1 (maximal weight for height) 68 inches (67 $\frac{1}{4}$ rounded up to the nearest inch) will be used to determine the maximal weight measurement, but 67.5 inches (67 $\frac{1}{4}$ rounded up to the nearest $\frac{1}{2}$ inch) will be used to determine the maximal body fat percentage value if required for Step-3.

Note: Height measurements are rounded up to the nearest inch for Step-1 but are only to be rounded up to the nearest $\frac{1}{2}$ inch for Step-3.

4. Single-Site Abdominal Circumference (AC) Measurement (Step-2). Sailors are to be measured immediately above the uppermost hipbone (superior border of the iliac crest) on the right side of the body, vertically in line with the armpit (mid-axillary line). CFL/ACFL will start the measurement on the right side of the Sailor.

5. BC Measurement (Step-3). Sailors who are within neither maximum weight for height standards (Step-1) nor AC measurement (Step-2) must complete the BC measurement (Step-3).

a. Male Sailors are to be measured at the neck and umbilicus.

b. Female Sailors are to be measured at the neck, natural waist, and hips.

6. Altering BCA. CFL/ACFLs are required to remain vigilant for Sailors who attempt to alter their BCA measurements. Sailors are discouraged from using extreme body fat reducing methods to meet BCA standards. Dehydration methods are dangerous, and Sailors put themselves at risk during the PFA if they have not reduced body fat through a proper diet and exercise program. If temporary altering is detected, the Sailor must wait at least 72 hours before re-attempting the official BCA measurement. Any attempt to influence the BCA measurement through intimidation, coercion, or other means shall be reported to the CO/OIC and may result in disciplinary action under the UCMJ.

7. Tape Measure Specifications. Use a tape measure made of non-stretchable material, preferably fiberglass. Do not use cloth or steel tape measures. The preferred tape is one that is self-retracting, with locking capability, which can accurately measure circumference in both 1/16" inch and millimeter increments (e.g., Myotape, digital Myotape). The tape measure width should be 1/4 inch – 3/8 inch and calibrated (i.e., compared with a yardstick or metal ruler). This is done by aligning the tape measure with the quarter inch markings on the ruler.

Section 2: Single-Site AC Measurement

1. AC Measurement Guidelines. AC measurements for both males and females will be conducted in the Navy PTU or Optional PTU using the same procedure.

a. AC measurements are to be taken on the right side of the body with the tape parallel to the deck.

b. When measuring circumferences, apply the tape measure so that it makes contact with the skin, conforms to the body surface being measured, and does not compress the underlying soft tissues.

c. All circumference measurements are to be taken two times and rounded down to the nearest 1/2 inch. If the measurements differ by more than one inch, take an additional measurement and compute a mathematical average of the two closest measurements, which have been rounded down to the nearest 1/2 inch, and record the exact average value (which is NOT rounded again).

Male

Example:

AC 1 = 39.25

Rounding

39

AC 2 = 37.5

37.5

AC 3 = 38.75

38.5

Average AC:

1. Add 39 and 38.5 (the two closest rounded measurements); then

2. Divide the sum by 2; then

3. $(39 + 38.5) / 2 = 38.75$ and the male Sailor passes.

2. AC Measurement Procedures. The CFL will locate the measurement landmark immediately above the right uppermost hip bone (superior border of the iliac crest) on the right side of the body vertically in line with the right armpit (mid-axillary line). If desired, the Sailor may assist the CFL in locating the measurement landmark by resting the right hand on the hip, using rearward facing right thumb to locate the iliac crest. The CFL will determine the final horizontal - vertical intersection point for landmark confirmation. The Sailor will stand on a flat surface with feet no more than shoulder width apart. The head should be horizontal, looking directly forward with the chin parallel to the deck. The Sailor may use one hand to initially assist the CFL in anchoring the tape measure to the body but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders. The Sailor will remain stationary while the CFL conducts the measurement by initially moving around the Sailor to place the tape in a horizontal plane around the abdomen. The CFL will ensure tape is parallel to the deck at the level

of the landmark (bottom edge of the tape just contacts landmark), is snug, but does not compress the bare skin. The CFL will take the measurement at the end of the Sailor's normal respiration. If there are any indications the Sailor has attempted to alter the AC measurement, turn the Sailor away for 72 hours and report this incident to the triad.

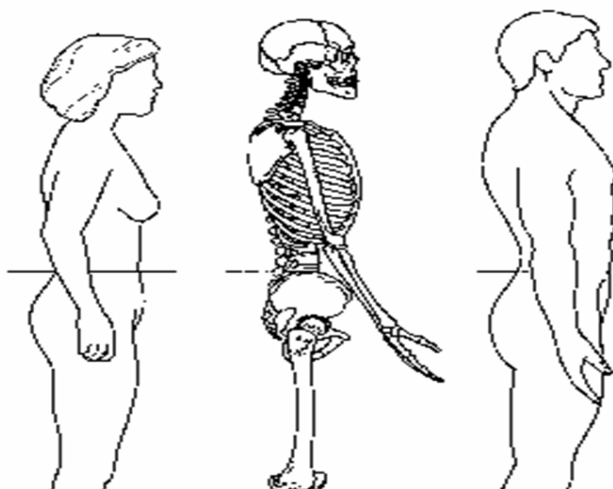


Photo: Abdominal Circumference (AC) Measurement: the landmark for obtaining the AC measurement is the Superior border of the iliac crest on the right side of the body vertically in line with the armpit (mid-axillary line).

**Amplifying information and videos are located on the Physical Readiness Program web page (<https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/>).

Section 3: BC Measurement

1. BC Measurement Guidelines.

- a. All BC measurements will be performed from the right side of the Sailor's body with the tape parallel to the deck and the Sailor's feet together.
- b. When measuring circumferences, apply the tape measure so that it makes contact with the skin, conforms to the body surface being measured, and does not compress the underlying soft tissues.
- c. All circumference measurements are to be taken two times, sequentially, and recorded to the nearest $\frac{1}{2}$ inch. If the measurements differ by more than one inch, take an additional measurement and compute a mathematical average of the two closest measurements to the nearest $\frac{1}{2}$ inch and record this value.
- d. Each set of measurements will be completed sequentially to discourage assumption of repeated measurement readings. For example: Do not complete two neck circumferences followed by two umbilical circumferences. Continue the process until both sets of measurements have been taken.

2. BC Procedures for Men. BC circumference measurements will be taken on the neck and umbilicus.

a. Neck measurement will:

(1) Be taken on bare skin, at the 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 larynx. Sailor must look straight ahead during measurement with shoulders down and relaxed (not hunched).

(2) Ensure tape is as close to a horizontal line as anatomically feasible (the tape line in the front of the neck should be at the same height as the tape line in the back of the neck). Care should be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.

(3) Round the measurement up to the nearest $\frac{1}{2}$ inch and record (e.g., round 16 $\frac{1}{4}$ inches to 16 $\frac{1}{2}$ inches).

b. Umbilicus measurement will:

(1) Be taken on bare skin, across the naval (belly button) with the Sailor's arms down to their side. If there are any indications the Sailor has attempted to alter the BC measurement, turn the Sailor away for 72 hours and report this incident to the triad.

(2) Be taken at the end of the Sailor's normal, relaxed exhalation. Discourage the Sailor from holding their breath by taking the measurement after several exhales.

(3) Round the measurement down to the nearest $\frac{1}{2}$ inch and record (e.g., round 34 $\frac{3}{4}$ inches to 34 $\frac{1}{2}$ inches).

3. Body Fat Calculation for Men. Subtract neck circumference from umbilical circumference to obtain the circumference value (CV).

Umbilicus – Neck = CV

a. Use the Percent Body Fat Estimation for Men ([Table-2](#)) to locate the column which matches the Sailor's height (rounded up to nearest half inch) and the appropriate row in the table which matches the Sailor's calculated circumference value (rounded down to nearest half inch).

b. Follow applicable column down and row across until they intersect; this number represents Sailor's estimated percent body fat. Note: This is only an estimate and the official BCA is determined once entered in PRIMS.

c. For circumference values less than the lowest value in [Table-2](#), body fat percentage is less than or equal to smallest body fat percentage in the column. For circumference values greater than the largest value in table, body fat percentage is greater than or equal to largest body fat percentage in the column.

d. For height values that are greater (i.e., taller) than the value in Table-2 (i.e., 79.5 inches), record the raw height in inches on the official BCA score sheet (NAVPERS 6110/10). On Table-2 use the tallest height measurement column (i.e., 79.5 inches) and find the row which matches the Sailor's cumulative circumference value (rounded down to the nearest half inch). Follow the applicable column down and row across until they intersect; this number represents Sailor's estimated body fat percentage. Record this estimated body fat percentage on the official BCA score sheet. Submit the official BCA score sheet and a letter of correction to the Physical Readiness Program (PRP) office, which will manually override the BCA score within PRIMS.

4. BC Procedures for Women. BC measurements for women will be taken at the neck, natural waist, and hips.

a. Neck measurements will:

(1) Be taken on bare skin, at a point just below the larynx and perpendicular to the long axis of the neck. Do not place the tape measure over the larynx. Sailor looks straight ahead during measurement, with shoulders down and relaxed (not hunched).

(2) Ensure tape is as close to a horizontal line as anatomically feasible (the tape line in the front of the neck should be at the same height as the tape line in the back of

the neck). Care should be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.

(3) Round neck measurement up to the nearest 1/2 inch and record (e.g., round 13 3/8 inches to 13 1/2 inches).

b. Natural Waist measurements will:

(1) Be taken on bare skin, at point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breastbone). When this site is not easily observed, take several measurements at probable sites and use smallest value.

(2) Ensure the tape is level and parallel to the deck and make sure the Sailor's arms are at their sides. Take measurements at the end of Sailor's normal, relaxed exhalation.

(3) Be rounded down to nearest 1/2 inch and recorded (e.g., round 28 5/8 inches to 28 1/2 inches).

Example:

Neck 1 = 13.0

Neck 2 = 14.5

Neck 3 = 13.5

Average Neck: 13.5

1. Adding 13.0 and 13.5 (the two closest measurements); then

2. Dividing the sum by 2; then

3. Rounding the quotient; so

$(13.0 + 13.5) / 2 = 13.25$ which is rounded to 13.5

c. Hip measurements will:

(1) Only be taken over the Navy PTU/OPTU shorts. Control-top panty hose, spandex tights, and other shaping garments are prohibited during measurements. Tight-fitting rubberized foundation garments or exercise belts are also prohibited at least 30 minutes prior to measurement.

(2) Be taken from Sailor's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteus muscles (buttocks) as viewed from the side. CFL/ACFL is to ensure the tape is level and parallel to deck. Apply sufficient tension on the tape to minimize effect of clothing.

(3) Be rounded down to nearest 1/2 inch and recorded (e.g., round 44 3/8 inches to 44 inches).

5. Body Fat Calculation for Women. Add waist and hip circumferences, then subtract neck circumference to obtain Sailor's circumference value (CV).

Waist + Hips - Neck = CV.

a. Use the Percent Body Fat Estimation for Women ([Table-3](#)) to locate the column which matches the Sailor's height (rounded up to nearest half inch) and the row which matches the Sailor's cumulative circumference value (rounded down to nearest half inch).

b. Follow applicable column down and row across until they intersect; this number represents Sailor's estimated percent body fat (BCA). This is only an estimate and the official BCA is determined once entered in PRIMIS.

c. For circumference values less than the lowest value in [Table-3](#), body fat percentage is less than or equal to smallest body fat percentage in the column. For circumference values greater than the largest value in Table-3, body fat percentage is greater than or equal to largest body fat percentage in column.

d. For height values that are greater (i.e., taller) than the largest value in [Table-3](#) (i.e., 77.5 inches), record the raw height in inches on the official BCA score sheet (NAVPERS 6110/10). On Table-3 use the tallest height measurement column (i.e., 77.5 inches) and find the row which matches the Sailor's calculated circumference value (rounded down to the nearest half inch). Follow the applicable column down and row across until they intersect; this number represents Sailor's estimated percent body fat (BCA). Record this estimated percent body fat on the official BCA score sheet. Submit the official BCA score sheet and a letter of correction to the PRP office, which will manually override the BCA score within PRIMIS.

Section 4: BCA Tables

Table-1: Maximum Weight for Height

Table-2: Percent Body Fat Estimation for Men

Table-3: Percent Body Fat Estimation for Women

TABLE-1
MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Men Maximum Weight (pounds)	Sailor's Height (inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

TABLE-2
PERCENT BODY FAT ESTIMATION FOR MEN

Circumference Value*	Height (inches)																			
	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5	68	68.5	69	69.5
13	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
13.5	9	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14.5	12	12	12	11	11	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9
15	13	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10	10	9	9	<10
15.5	15	14	14	14	14	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10
16	16	16	15	15	15	15	14	14	14	14	13	13	13	13	12	12	12	12	12	11
16.5	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14	13	13	13	13	12
17	18	18	18	17	17	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14
17.5	19	19	19	18	18	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15
18	20	20	20	19	19	19	19	18	18	18	18	18	17	17	17	17	16	16	16	16
18.5	21	21	21	20	20	20	20	19	19	19	19	19	18	18	18	18	17	17	17	17
19	22	22	22	21	21	21	21	20	20	20	20	20	19	19	19	19	18	18	18	18
19.5	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20	19	19	19	19
20	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20
20.5	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21
21	26	26	25	25	25	25	24	24	24	24	24	23	23	23	23	22	22	22	22	21
21.5	27	27	26	26	26	26	25	25	25	25	24	24	24	24	23	23	23	23	23	22
22	28	27	27	27	27	26	26	26	26	25	25	25	25	25	24	24	24	24	23	23
22.5	29	28	28	28	28	27	27	27	27	26	26	26	26	25	25	25	25	24	24	24
23	29	29	29	29	28	28	28	28	27	27	27	27	26	26	26	26	26	25	25	25
23.5	30	30	30	29	29	29	29	28	28	28	28	27	27	27	27	27	26	26	26	26
24	31	31	30	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27	26
24.5	32	31	31	31	31	30	30	30	30	29	29	29	29	29	28	28	28	28	27	27

*Circumference value = umbilicus circumference – neck circumference (in inches)

TABLE-2
PERCENT BODY FAT ESTIMATION MEN (CONT'D)

Circumference Value*	Height (inches)																			
	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5	78	78.5	79	79.5
15	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
15.5	10	10	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16.5	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9
17	13	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9
17.5	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11
18	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12
18.5	17	16	16	16	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13
19	18	17	17	17	17	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14
19.5	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16	15	15	15	15	15
20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16
20.5	20	20	20	20	19	19	19	19	19	19	18	18	18	18	18	17	17	17	17	16
21	21	21	21	21	20	20	20	20	20	20	19	19	19	19	19	18	18	18	18	17
21.5	22	22	22	21	21	21	21	21	20	20	20	20	20	20	19	19	19	19	18	18
22	23	23	23	22	22	22	22	22	21	21	21	21	20	20	20	20	20	20	19	19
22.5	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21	21	20	20	20
23	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21
23.5	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22
24	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22
24.5	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23
25	28	28	27	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24
25.5	29	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25	25	25	25	25
26	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25
26.5	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26
27	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27	27	27	27
27.5	31	31	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27
28	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29	29	29	29	28	28

*Circumference value = umbilicus circumference - neck circumference (in inches)

**TABLE-3
PERCENT BODY FAT ESTIMATION FOR WOMEN**

Circumference Value*	Height (Inches)																			
	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5
50.5	27	27	27	26	26	26	25	25	25	24	24	23	23	23	23	22	22	22	21	21
51	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22	22	22
51.5	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22
52	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23
52.5	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24
53	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24
53.5	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25
54	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26
54.5	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26
55	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27
55.5	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28
56	35	34	34	34	33	33	33	32	32	31	31	31	30	30	30	30	29	29	29	28
56.5	35	35	35	34	34	34	33	33	32	32	32	31	31	31	30	30	30	29	29	29
57	36	36	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29
57.5	37	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30
58	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31
58.5	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31
59	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32
59.5	39	39	38	38	38	37	37	36	36	36	35	35	35	34	34	34	33	33	33	33
60	40	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33
60.5	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34
61	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34
61.5	41	41	41	40	40	40	39	39	38	38	38	37	37	37	36	36	36	36	35	35
62	42	42	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35
62.5	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	39	39	38	38	38	37	37	37	36	36
63	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	40	39	39	39	38	38	38	37	37	37
63.5	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	40	40	39	39	39	38	38	38	37	37
64	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	41	40	40	40	39	39	39	38	38	38

* Circumference value = natural waist + hip - neck circumference (in inches)

TABLE-3
PERCENT BODY FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)																			
	68	68.5	69	69.5	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5
56	28	28	27	27	27	26	26	26	25	25	25	25	24	24	24	23	23	23	23	22
56.5	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24	23	23
57	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24
57.5	30	29	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	25	24
58	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25	25	25
58.5	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25
59	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26
59.5	32	32	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27
60	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28	28	28	28	27
60.5	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28	28	28
61	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28
61.5	35	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29
62	35	35	35	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30
62.5	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30
63	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31	31	31
63.5	37	37	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31
64	37	37	37	36	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32
64.5	38	38	37	37	37	36	36	36	36	35	35	35	34	34	34	33	33	33	33	32
65	38	38	38	38	37	37	37	36	36	36	35	35	35	35	34	34	34	33	33	33
65.5	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35	34	34	34	33
66	40	39	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35	34	34
66.5	40	40	39	39	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35
67	41	40	40	40	39	39	39	39	38	38	38	37	37	37	36	36	36	36	35	35
67.5	41	41	41	40	40	40	39	39	39	38	38	38	38	37	37	37	36	36	36	36
68	42	41	41	41	40	40	40	40	39	39	39	38	38	38	38	37	37	37	36	36
68.5	42	42	42	41	41	41	40	40	40	39	39	39	39	38	38	38	37	37	37	37
69	43	42	42	42	41	41	41	41	40	40	40	39	39	39	39	38	38	38	37	37
69.5	43	43	43	42	42	42	41	41	41	41	40	40	40	39	39	39	39	38	38	38

* Circumference value = natural waist + hip - neck circumference (in inches)