

## Percent Body Fat / Body Composition

Today's date: \_\_\_\_\_

For more help improving your health with nutrition, weight control and exercise guidelines go to **The Wellness Center** in Union Plaza (Bldg 26). For future reference and to track changes in your body composition, your average skinfold thicknesses in millimeters today were:

**Women:** Tricep \_\_\_\_\_ Hip \_\_\_\_\_ Thigh \_\_\_\_\_  
**Men:** Chest \_\_\_\_\_ Ab \_\_\_\_\_ Thigh \_\_\_\_\_

The percent of your weight which is body fat has been calculated to be \_\_\_\_\_ %.

At that percent fat the composition of your body weight is:

**Lean Weight:** \_\_\_\_\_ lb. (muscle and bone weight is total weight minus fat weight)  
**Fat Weight:** \_\_\_\_\_ lb. (total weight multiplied by % fat as a decimal number)  
**Total:** \_\_\_\_\_ lb.

A recommended healthy range of total weight based on your gender is:

**Women:** \_\_\_\_\_ lb. at 12% up to \_\_\_\_\_ at 26% fat (lean weight divided by .88 and .74).

**Men:** \_\_\_\_\_ lb. at 5% up to \_\_\_\_\_ at 15% fat (lean weight divided by .95 and .85).

---

## Percent Body Fat / Body Composition

Today's date: \_\_\_\_\_

For more help improving your health with nutrition, weight control and exercise guidelines go to **The Wellness Center** in Union Plaza (Bldg 26). For future reference and to track changes in your body composition, your average skinfold thicknesses in millimeters today were:

**Women:** Tricep \_\_\_\_\_ Hip \_\_\_\_\_ Thigh \_\_\_\_\_  
**Men:** Chest \_\_\_\_\_ Ab \_\_\_\_\_ Thigh \_\_\_\_\_

The percent of your weight which is body fat has been calculated to be \_\_\_\_\_ %.

At that percent fat the composition of your body weight is:

**Lean Weight:** \_\_\_\_\_ lb. (muscle and bone weight is total weight minus fat weight)  
**Fat Weight:** \_\_\_\_\_ lb. (total weight multiplied by % fat as a decimal number)  
**Total:** \_\_\_\_\_ lb.

A recommended healthy range of total weight based on your gender is:

**Women:** \_\_\_\_\_ lb. at 12% up to \_\_\_\_\_ at 26% fat (lean weight divided by .88 and .74).

**Men:** \_\_\_\_\_ lb. at 5% up to \_\_\_\_\_ at 15% fat (lean weight divided by .95 and .85).