

BODY FAT CONTENT WORKSHEET (Male)

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

NAME (Last, First, Middle Initial)		RANK			NOTE:
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		AGE	½" = .50
STEP		FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure neck just below level of larynx (Adam's apple.) Round up to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.					
2. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.					
3. Enter the average neck circumference.					
4. Enter the average abdominal circumference.					
5. Enter circumference value (step 4 - step 3).					
6. Enter height in inches to the nearest 0.50 inch.					
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-1 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.					
REMARKS					

CHECK ALL THAT APPLY

 Individual is in compliance with Army Standards. Is not in compliance with the standards.

Recommended monthly weight loss is 3-8 lbs or 1% body fat.

PREPARED BY (Signature)

RANK

DATE
(YYYYMMDD)APPROVED BY SUPERVISOR
(Printed Name and Signature)

RANK

DATE
(YYYYMMDD)