

## BODY FAT CONTENT WORKSHEET (*Female*)

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:  ½"=.50
HEIGHT ( <i>to nearest 0.50 inch</i> )		WEIGHT ( <i>to nearest pound</i> )		
STEP	FIRST	SECOND	THIRD	AVERAGE ( <i>to nearest 0.50 in.</i> )
1. Measure neck just below level of larynx ( <i>Adam's apple</i> ). <b>Round up</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
2. Measure waist ( <i>abdomen</i> ) at the point of minimal abdominal circumference. <b>Round down</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
3. Measure hips at point where the gluteus muscles ( <i>buttocks</i> ) protrude backward the most. <b>Round down</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
4. CALCULATIONS			REMARKS	
A. Enter average waist circumference				
B. Enter average hip circumference				
C. <b>TOTAL</b> ( <i>4A + 4B</i> )				
D. Enter average neck circumference				
E. Enter circumference value ( <i>4C - 4D</i> )				
F. Enter height in inches to the nearest 0.50 inch.				
G. Find the Soldier's circumference value ( <i>line 4E</i> ) and height ( <i>line 4F</i> ) in Figure B-2 (Percent Fat Estimation for Women). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.				

**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)