

**HERTFORDSHIRE 31-39
ANTHROPOMETRY DATA 1**

Name _____ Serial No

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Height (cm)

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Sitting height (cm)

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Weight (kg)

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Waist circumference(cm)

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Hip circumference (cm)

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Midthigh circumference (cm)

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Grip strength (kg)
3 X both sides alternately
(record to nearest 1kg)
RIGHT

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LEFT

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Observer _____

**HERTFORDSHIRE 31-39
ANTHROPOMETRY DATA 2**

Name _____ **Serial No** /

Triceps skinfold (cm)

<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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Biceps skinfold (cm)

<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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Subscapular skinfold (cm)

<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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Upper suprailiac skinfold (cm)

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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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Mid upper arm circumference (cm)

<input type="text"/>	<input type="text"/>	<input type="text"/>	●	<input type="text"/>
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Observer _____