Ideal weight:

1. Ideal body weight is computed in men as 50 + (0.91 × [height in centimeters − 152.4]) and in women as 45.5 + (0.91 × [height in centimeters − 152.4]) => 76
2. 2.2 x BMI + (3.5 x BMI) x (Height in meters minus 1.5) bmi 22 => 72 , bmi 25 => 82

Body fat percentage:

**US Navy Tape Measurement Locations for Males**

* **Neck:** The neck tape measurement consists of the circumference of the neck, in the location immediately above the Adam’s apple.
* **Waist:** The waist tape measurement consists of the circumference of the narrowest waist level, which is located midway between the lowest rib and the top of the hip bone.

**US Navy Tape Measurement Locations for Females**

* **Neck:** The neck tape measurement consists of the circumference of the neck, in the location immediately above the Adam’s apple.
* **Waist:** The waist tape measurement consists of the circumference of the narrowest waist level, which is located midway between the lowest rib and the top of the hip bone.
* **Hip:** The hip tape measurement consists of the circumference of the waist at the level of the greatest protrusion of the gluteal muscles.

**US Navy Body Fat Formula for Males**

If you would like to calculate body fat using the US Navy method, and your test subject is a **male**, use the formula below.

Body Fat Percentage (%) = 86.010 x log10 (abdomen – neck) – 70.041 x log10 (height) + 36.76

**US Navy Body Fat Formula for Females**

If you would like to calculate body fat using the US Navy method, and your test subject is a **female**, use the formula below.

Body Fat Percentage (%) = 163.205 x log10 (waist + hip – neck) – 97.684 x log10 (height) – 78.387

|  |  |  |
| --- | --- | --- |
| Essential fat | 10–13% | 2–5% |
| [Athletes](https://en.wikipedia.org/wiki/Athlete) | 14–20% | 6–13% |
| Fitness | 21–24% | 14–17% |
| Average | 25–31% | 18–24% |
| [Obese](https://en.wikipedia.org/wiki/Obese) | 32%+ | 25%+ |