

Name: John Doe

Gender: ☒ Male ☐ Female

Weight: 160

Waist: 35

Units of Measurement

☒ Pounds ☐ Kilos

☒ Inches ☐ Centimeters

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Hi, John Doe, thank you for using this bodyfat calculator. Your bodyfat percentage is estimated to be 21.07 , according to the YMCA method.