

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	53.0	53.5	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5
40.0	16	16	15	15	15	14	14	13	13	13
40.5	17	17	16	16	15	15	15	14	14	14
41.0	18	17	17	17	16	16	16	15	15	14
41.5	19	18	18	18	17	17	16	16	16	15
42.0	20	19	19	18	18	18	17	17	17	16
42.5	20	20	20	19	19	18	18	18	17	17
43.0	21	21	20	20	20	19	19	19	18	18
43.5	22	22	21	21	21	20	20	19	19	19
44.0	23	23	22	22	21	21	21	20	20	19
44.5	24	23	23	23	22	22	21	21	21	20
45.0	24	24	24	23	23	23	22	22	21	21
45.5	25	25	24	24	24	23	23	23	22	22
46.0	26	26	25	25	24	24	24	23	23	23
46.5	27	26	26	26	25	25	24	24	24	23
47.0	28	27	27	26	26	26	25	25	24	24
47.5	28	28	28	27	27	26	26	26	25	25
48.0	29	29	28	28	27	27	27	26	26	26
48.5	30	29	29	29	28	28	27	27	27	26
49.0	31	30	30	29	29	29	28	28	27	27
49.5	31	31	30	30	30	29	29	29	28	28
50.0	32	32	31	31	30	30	30	29	29	29
50.5	33	32	32	31	31	31	30	30	30	29
51.0	33	33	33	32	32	31	31	31	30	30
51.5	34	34	33	33	32	32	32	31	31	31
52.0	35	34	34	34	33	33	32	32	32	31
52.5	35	35	35	34	34	33	33	33	32	32
53.0	36	36	35	35	35	34	34	33	33	33
53.5	37	36	36	36	35	35	34	34	34	33
54.0	37	37	37	36	36	35	35	35	34	34
54.5	38	38	37	37	36	36	36	35	35	35
55.0	39	38	38	38	37	37	36	36	36	35
55.5	39	39	39	38	38	37	37	37	36	36
56.0	40	40	39	39	38	38	38	37	37	37
56.5	41	40	40	39	39	39	38	38	38	37
57.0	41	41	40	40	40	39	39	39	38	38
57.5	42	41	41	41	40	40	40	39	39	38
58.0	42	42	42	41	41	41	40	40	39	39
58.5	43	43	42	42	42	41	41	40	40	40
59.0	44	43	43	43	42	42	41	41	41	40
59.5	44	44	43	43	43	42	42	42	41	41
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
42.5	16	15	15	15	14	14	13	13	13	12
43.0	16	16	16	15	15	15	14	14	14	13
43.5	17	17	17	16	16	15	15	15	14	14
44.0	18	18	17	17	17	16	16	16	15	15
44.5	19	19	18	18	17	17	17	16	16	16
45.0	19	19	19	19	18	18	18	17	17	16
45.5	20	20	19	19	19	19	18	18	18	17
46.0	21	20	20	20	19	19	19	19	18	18
46.5	21	21	21	20	20	20	19	19	19	19
47.0	22	22	22	21	21	20	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	24	24	24	23	23	23	22	22	22	21
49.0	25	25	24	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	26	25	25	24	24	24	23
50.5	27	27	27	26	26	26	25	25	25	24
51.0	28	28	27	27	27	26	26	26	25	25
51.5	29	28	28	28	27	27	27	26	26	26
52.0	29	29	29	28	28	28	27	27	27	26
52.5	30	30	29	29	29	28	28	28	27	27
53.0	31	30	30	30	29	29	29	28	28	28
53.5	31	31	31	30	30	30	29	29	29	28
54.0	32	32	31	31	31	30	30	30	29	29
54.5	33	32	32	32	31	31	31	30	30	30
55.0	33	33	33	32	32	32	31	31	31	30
55.5	34	34	33	33	33	32	32	32	31	31
56.0	35	34	34	34	33	33	33	32	32	31
56.5	35	35	35	34	34	34	33	33	32	32
57.0	36	36	35	35	34	34	34	33	33	33
57.5	37	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	36	35	35	35
59.0	38	38	38	37	37	37	36	36	36	35
59.5	39	39	38	38	38	37	37	36	36	36
60.0	40	39	39	38	38	38	37	37	37	36
60.5	40	40	39	39	39	38	38	38	37	37
61.0	41	40	40	40	39	39	39	38	38	38
61.5	41	41	41	40	40	40	39	39	38	38
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
62.0	42	42	41	41	40	40	40	39	39	39
62.5	42	42	42	41	41	41	40	40	40	39
63.0	43	43	42	42	42	41	41	41	40	40
63.5	44	43	43	42	42	42	41	41	41	40
64.0	44	44	43	43	43	42	42	42	41	41
64.5	45	44	44	44	43	43	43	42	42	42
65.0	45	45	45	44	44	43	43	43	42	42
65.5	46	45	45	45	44	44	44	43	43	43
66.0	46	46	46	45	45	45	44	44	43	43
66.5	47	46	46	46	45	45	45	44	44	44
67.0	48	48	47	46	46	46	45	45	45	44
67.5	49	49	48	47	46	46	46	45	45	45
68.0	49	49	49	48	47	47	46	46	46	45
68.5	50	50	49	49	49	48	47	46	46	46
69.0	50	50	50	49	49	49	48	47	47	46
69.5	51	51	50	50	50	49	49	48	48	47
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
45.0	16	16	15	15	15	15	14	14	14	13
45.5	17	17	16	16	16	15	15	15	14	14
46.0	18	17	17	17	16	16	16	15	15	15
46.5	18	18	18	17	17	17	17	16	16	16
47.0	19	19	19	18	18	18	17	17	17	16
47.5	19	19	19	19	19	18	18	18	17	17
48.0	20	20	20	19	19	19	19	18	18	18
48.5	21	21	20	20	20	19	19	19	19	19
49.0	22	21	21	21	20	20	20	19	19	19
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	21	20
50.5	24	23	23	23	23	22	22	22	21	21
51.0	25	24	24	24	23	23	23	22	22	22
51.5	25	25	25	24	24	24	23	23	23	22
52.0	26	26	25	25	25	24	24	24	23	23
52.5	27	26	26	26	25	25	25	24	24	24
53.0	27	27	27	26	26	26	25	25	25	24
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
53.5	28	28	27	27	27	26	26	26	25	25
54.0	29	28	28	28	27	27	27	26	26	26
54.5	29	29	29	28	28	28	27	27	27	26
55.0	30	30	29	29	29	28	28	28	27	27
55.5	31	30	30	30	29	29	29	28	28	28
56.0	31	31	30	30	30	30	29	29	29	28
56.5	32	31	31	31	30	30	30	29	29	29
57.0	32	32	32	31	31	31	30	30	30	29
57.5	33	33	32	32	32	31	31	31	30	30
58.0	34	33	33	33	32	32	32	31	31	31
58.5	34	34	34	33	33	33	32	32	32	31
59.0	35	35	34	34	34	33	33	33	32	32
59.5	35	35	35	34	34	34	33	33	33	33
60.0	36	36	35	35	35	34	34	34	33	33
60.5	37	36	36	36	35	35	35	34	34	34
61.0	37	37	37	36	36	36	35	35	35	34
61.5	38	37	37	37	36	36	36	36	35	35
62.0	38	38	38	37	37	37	36	36	36	35
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5	48	48	47	46	46	46	46	45	45	45
71.0	49	49	48	47	47	46	46	46	45	45
71.5	49	49	49	48	48	47	47	46	46	46
72.0	50	50	49	49	49	48	47	47	46	46
72.5	50	50	50	49	49	49	48	48	47	47
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
46.0	15	15	14	14	14	13	13	13	13	12
46.5	16	15	15	15	15	14	14	14	13	13
47.0	17	16	16	16	15	15	15	14	14	14
47.5	17	17	17	16	16	16	15	15	15	15
48.0	18	18	17	17	17	16	16	16	16	15
48.5	19	18	18	18	17	17	17	17	16	16
49.0	19	19	19	19	18	18	18	17	17	17
49.5	19	20	20	19	19	19	18	18	18	17
50.0	20	20	19	20	20	19	19	19	18	18
50.5	21	20	20	20	19	19	20	19	19	19
51.0	21	21	21	20	20	20	19	19	20	20
51.5	22	22	21	21	21	20	20	20	20	19
52.0	23	22	22	22	21	21	21	21	20	20
52.5	23	23	23	22	22	22	22	21	21	21
53.0	24	24	23	23	23	22	22	22	22	21
53.5	25	24	24	24	23	23	23	23	22	22
54.0	25	25	25	24	24	24	24	23	23	23
54.5	26	26	25	25	25	24	24	24	24	23
55.0	27	26	26	26	25	25	25	25	24	24
55.5	27	27	27	26	26	26	25	25	25	25
56.0	28	28	27	27	27	26	26	26	25	25
56.5	29	28	28	28	27	27	27	26	26	26
57.0	29	29	29	28	28	28	27	27	27	26
57.5	30	29	29	29	29	28	28	28	27	27
58.0	30	30	30	29	29	29	29	28	28	28
58.5	31	31	30	30	30	29	29	29	29	28
59.0	32	31	31	31	30	30	30	29	29	29
59.5	32	32	32	31	31	31	30	30	30	29
60.0	33	32	32	32	32	31	31	31	30	30
60.5	33	33	33	32	32	32	32	31	31	31
61.0	34	34	33	33	33	32	32	32	32	31
61.5	35	34	34	34	33	33	33	32	32	32
62.0	35	35	35	34	34	34	33	33	33	32
62.5	36	35	35	35	34	34	34	34	33	33
63.0	36	36	36	35	35	35	34	34	34	34
63.5	37	37	36	36	36	35	35	35	34	34
64.0	37	37	37	36	36	36	36	35	35	35
64.5	38	38	37	37	37	36	36	36	36	35
65.0	38	38	38	38	37	37	37	36	36	36
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
65.5	39	39	38	38	38	37	37	37	37	36
66.0	40	39	39	39	38	38	38	37	37	37
66.5	40	40	39	39	39	39	38	38	38	37
67.0	41	40	40	40	39	39	39	39	38	38
67.5	41	41	41	40	40	40	39	39	39	38
68.0	42	41	41	41	40	40	40	40	39	39
68.5	42	42	42	41	41	41	40	40	40	39
69.0	43	42	42	42	41	41	41	41	40	40
69.5	43	43	43	42	42	42	41	41	41	41
70.0	44	43	43	43	43	42	42	42	41	41
70.5	44	44	44	43	43	43	42	42	42	42
71.0	45	44	44	44	44	43	43	43	42	42
71.5	45	45	45	44	44	44	43	43	43	43
72.0	46	45	45	45	45	44	44	44	43	43
72.5	46	46	46	45	45	45	44	44	44	44
73.0	47	46	46	46	45	45	45	45	44	44
73.5	48	47	47	46	46	46	45	45	45	44
74.0	49	48	48	47	46	46	46	46	45	45
74.5	49	49	49	48	47	47	46	46	46	45
75.0	50	49	49	49	48	48	47	46	46	46
75.5	50	50	49	49	49	49	48	47	47	46
76.0	51	50	50	50	49	49	49	48	48	47
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
48.0	15	15	14	14	14	14	13	13	13	12
48.5	16	15	15	15	15	14	14	14	13	13
49.0	16	16	16	16	15	15	15	14	14	14
49.5	17	17	17	16	16	16	15	15	15	15
50.0	18	18	17	17	17	16	16	16	16	15
50.5	19	18	18	18	17	17	17	17	16	16
51.0	19	19	19	18	18	18	18	17	17	17
51.5	20	20	19	19	19	19	18	18	18	17
52.0	20	19	19	20	20	19	19	19	18	18
52.5	20	20	20	19	19	20	20	19	19	19
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
53.0	21	21	20	20	20	20	19	19	20	19
53.5	22	21	21	21	21	20	20	20	19	19
54.0	22	22	22	21	21	21	21	20	20	20
54.5	23	23	22	22	22	22	21	21	21	20
55.0	24	23	23	23	22	22	22	22	21	21
55.5	24	24	24	23	23	23	23	22	22	22
56.0	25	25	24	24	24	23	23	23	23	22
56.5	26	25	25	25	24	24	24	24	23	23
57.0	26	26	26	25	25	25	24	24	24	24
57.5	27	26	26	26	26	25	25	25	25	24
58.0	27	27	27	27	26	26	26	25	25	25
58.5	28	28	27	27	27	27	26	26	26	25
59.0	29	28	28	28	27	27	27	27	26	26
59.5	29	29	29	28	28	28	27	27	27	27
60.0	30	30	29	29	29	28	28	28	28	27
60.5	30	30	30	30	29	29	29	28	28	28
61.0	31	31	30	30	30	30	29	29	29	28
61.5	32	31	31	31	30	30	30	30	29	29
62.0	32	32	32	31	31	31	30	30	30	30
62.5	33	32	32	32	32	31	31	31	30	30
63.0	33	33	33	32	32	32	32	31	31	31
63.5	34	34	33	33	33	32	32	32	32	31
64.0	34	34	34	34	33	33	33	32	32	32
64.5	35	35	34	34	34	33	33	33	33	32
65.0	35	35	35	35	34	34	34	33	33	33
65.5	36	36	35	35	35	35	34	34	34	33
66.0	37	36	36	36	35	35	35	35	34	34
66.5	37	37	37	36	36	36	35	35	35	35
67.0	38	37	37	37	36	36	36	36	35	35
67.5	38	38	38	37	37	37	36	36	36	36
68.0	39	38	38	38	38	37	37	37	36	36
68.5	39	39	39	38	38	38	37	37	37	37
69.0	40	39	39	39	39	38	38	38	37	37
69.5	40	40	40	39	39	39	39	38	38	38
70.0	41	40	40	40	40	39	39	39	38	38
70.5	41	41	41	40	40	40	40	39	39	39
71.0	42	41	41	41	41	40	40	40	39	39
71.5	42	42	42	41	41	41	41	40	40	40
72.0	43	42	42	42	42	41	41	41	40	40
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										

Department of Defense (DoD) Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
72.5	43	43	43	42	42	42	42	41	41	41
73.0	44	43	43	43	43	42	42	42	41	41
73.5	44	44	44	43	43	43	42	42	42	42
74.0	45	44	44	44	44	43	43	43	42	42
74.5	45	45	45	44	44	44	43	43	43	43
75.0	46	45	45	45	44	44	44	44	43	43
75.5	46	46	46	45	45	45	44	44	44	44
76.0	47	46	46	46	45	45	45	45	44	44
76.5	48	47	46	46	46	46	45	45	45	44
77.0	48	48	47	47	46	46	46	45	45	45
77.5	49	49	48	48	47	47	46	46	46	45
78.0	49	49	49	49	48	47	47	46	46	46
78.5	50	50	49	49	49	48	48	47	47	46
79.0	50	50	50	49	49	49	49	48	48	47
79.5	51	50	50	50	50	49	49	49	48	48
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)										