

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

Circumference Value*	Height (in)									
	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5
12.0	8	7	7	7	7	6	6	6	6	5
12.5	9	9	9	8	8	8	8	7	7	7
13.0	11	10	10	10	10	9	9	9	9	8
13.5	12	12	12	11	11	11	10	10	10	10
14.0	13	13	13	13	12	12	12	12	11	11
14.5	15	14	14	14	14	13	13	13	13	12
15.0	16	16	15	15	15	15	14	14	14	14
15.5	17	17	17	16	16	16	16	15	15	15
16.0	18	18	18	18	17	17	17	17	16	16
16.5	20	19	19	19	18	18	18	18	17	17
17.0	21	20	20	20	20	19	19	19	19	18
17.5	22	22	21	21	21	20	20	20	20	19
18.0	23	23	22	22	22	21	21	21	21	20
18.5	24	24	23	23	23	23	22	22	22	21
19.0	25	25	24	24	24	23	23	23	23	22
19.5	26	26	25	25	25	24	24	24	24	23
20.0	27	26	26	26	26	25	25	25	25	24
20.5	28	27	27	27	27	26	26	26	26	25
21.0	29	28	28	28	28	27	27	27	26	26
21.5	29	29	29	29	28	28	28	28	27	27
22.0	30	30	30	30	29	29	29	28	28	28
22.5	31	31	31	30	30	30	30	29	29	29
23.0	32	32	31	31	31	31	30	30	30	30
23.5	33	33	32	32	32	31	31	31	31	30
24.0	34	33	33	33	32	32	32	32	31	31
24.5	34	34	34	34	33	33	33	32	32	32
25.0	35	35	35	34	34	34	33	33	33	33
25.5	36	36	35	35	35	34	34	34	34	33
26.0	37	36	36	36	35	35	35	35	34	34
26.5	37	37	37	36	36	36	36	35	35	35
27.0	38	38	37	37	37	37	36	36	36	36
27.5	39	38	38	38	38	37	37	37	37	36
28.0	39	39	39	39	38	38	38	37	37	37
28.5	40	40	39	39	39	39	38	38	38	38
29.0	41	40	40	40	40	39	39	39	39	38
29.5	41	41	41	40	40	40	40	39	39	39
30.0	42	42	41	41	41	41	40	40	40	40
30.5	43	42	42	42	41	41	41	41	40	40
31.0	43	43	43	42	42	42	42	41	41	41
31.5	44	43	43	43	43	42	42	42	42	41
* Circumference Value = abdomen circumference – neck circumference (in inches)										

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Circumference Value*	Height (in)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.5	9	9	9	9	8	8	8	8	7	7
14.0	11	11	10	10	10	10	9	9	9	9
14.5	12	12	12	11	11	11	11	10	10	10
15.0	13	13	13	13	12	12	12	12	11	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	16	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	18	17	17	17	17	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	24	23	23	23	23	22	22	22
20.5	25	25	25	24	24	24	24	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	27	26	26	26	26	25	25	25	25
22.0	28	27	27	27	27	26	26	26	26	25
22.5	29	28	28	28	28	27	27	27	27	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	32	32	32	32	31	31	31	31	30	30
25.5	33	33	33	32	32	32	32	31	31	31
26.0	34	34	33	33	33	33	32	32	32	32
26.5	35	34	34	34	34	33	33	33	33	32
27.0	35	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	36	36	36	36	35	35	35	35	34
28.5	37	37	37	37	36	36	36	36	35	35
29.0	38	38	37	37	37	37	37	36	36	36
29.5	39	38	38	38	38	37	37	37	37	36
30.0	39	39	39	39	38	38	38	38	37	37
30.5	40	40	39	39	39	39	38	38	38	38
31.0	40	40	40	40	39	39	39	39	39	38
31.5	41	41	41	40	40	40	40	39	39	39
32.0	42	41	41	41	41	40	40	40	40	39
32.5	42	42	42	42	41	41	41	41	40	40

\* Circumference Value = abdomen circumference – neck circumference (in inches)

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Circumference Value*	Height (in)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
14.5	10	9	9	9	9	9	8	8	8	8
15.0	11	11	10	10	10	10	10	9	9	9
15.5	12	12	12	11	11	11	11	11	10	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	12
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	18	17	17	17	17	16	16	16	16
18.5	19	19	18	18	18	18	17	17	17	17
19.0	20	20	19	19	19	19	18	18	18	18
19.5	21	21	20	20	20	20	19	19	19	19
20.0	22	21	21	21	21	21	20	20	20	20
20.5	23	22	22	22	22	21	21	21	21	21
21.0	24	23	23	23	23	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	23	22
22.0	25	25	25	25	24	24	24	24	23	23
22.5	26	26	26	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	26	25	25	25
23.5	28	27	27	27	27	27	26	26	26	26
24.0	28	28	28	28	28	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	31	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	32	32	32	32	32
28.0	34	34	34	34	33	33	33	33	32	32
28.5	35	35	34	34	34	34	34	33	33	33
29.0	36	35	35	35	35	34	34	34	34	34
29.5	36	36	36	36	35	35	35	35	34	34
30.0	37	37	36	36	36	36	35	35	35	35
30.5	37	37	37	37	37	36	36	36	36	35
31.0	38	38	38	37	37	37	37	36	36	36
31.5	39	38	38	38	38	38	37	37	37	37
32.0	39	39	39	39	38	38	38	38	37	37
32.5	40	40	39	39	39	39	38	38	38	38
33.0	40	40	40	40	39	39	39	39	39	38
33.5	41	41	40	40	40	40	40	39	39	39

\* Circumference Value = abdomen circumference – neck circumference (in inches)

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

Circumference Value*	Height (in)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
14.5	7	7	7	7	7	6	6	6	6	6
15.0	9	8	8	8	8	8	7	7	7	7
15.5	10	10	9	9	9	9	9	8	8	8
16.0	11	11	11	10	10	10	10	10	9	9
16.5	12	12	12	12	11	11	11	11	11	10
17.0	13	13	13	13	13	12	12	12	12	11
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	17	16	16	16	16	15	15	15	15	15
19.0	18	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	19	18	18	18	18	18
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	21	20	20	20	20	20	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	23	22	22	22	22	22	21	21
22.5	24	24	23	23	23	23	23	22	22	22
23.0	25	24	24	24	24	24	23	23	23	23
23.5	25	25	25	25	25	24	24	24	24	24
24.0	26	26	26	26	25	25	25	25	25	24
24.5	27	27	27	26	26	26	26	26	25	25
25.0	28	28	27	27	27	27	26	26	26	26
25.5	29	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	28	27
26.5	30	30	30	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	32	32	32	32	32	31	31	31	31
29.0	33	33	33	33	32	32	32	32	32	31
29.5	34	34	34	33	33	33	33	32	32	32
30.0	35	34	34	34	34	34	33	33	33	33
30.5	35	35	35	35	34	34	34	34	34	33
31.0	36	36	35	35	35	35	35	34	34	34
31.5	36	36	36	36	36	35	35	35	35	35
32.0	37	37	37	36	36	36	36	36	35	35
32.5	38	37	37	37	37	36	36	36	36	36
33.0	38	38	38	37	37	37	37	37	36	36
33.5	39	38	38	38	38	38	37	37	37	37

\* Circumference Value = abdomen circumference – neck circumference (in inches)



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

Circumference Value*	Height (in)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
16.0	9	9	9	8	8	8	8	8	7	7
16.5	10	10	10	10	9	9	9	9	9	8
17.0	11	11	11	11	10	10	10	10	10	9
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	17	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	19	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	20	19	19
22.5	22	22	21	21	21	21	21	20	20	20
23.0	23	22	22	22	22	22	21	21	21	21
23.5	23	23	23	23	23	22	22	22	22	22
24.0	24	24	24	24	23	23	23	23	23	22
24.5	25	25	25	24	24	24	24	24	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	27	26	26	26	26	26	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	29	28	28	28	28	28	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	29	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	32	32	32	32	32	31	31	31	31	31
30.5	33	33	33	32	32	32	32	32	32	31
31.0	34	33	33	33	33	33	33	32	32	32
31.5	34	34	34	34	33	33	33	33	33	33
32.0	35	35	34	34	34	34	34	33	33	33
32.5	35	35	35	35	35	34	34	34	34	34
33.0	36	36	36	35	35	35	35	35	34	34
33.5	37	36	36	36	36	36	35	35	35	35
34.0	37	37	37	37	36	36	36	36	36	35
34.5	38	37	37	37	37	37	37	36	36	36
35.0	38	38	38	38	37	37	37	37	37	36
* Circumference Value = abdomen circumference – neck circumference (in inches)										