**LINK:** [**https://www.kaggle.com/datasets/fedesoriano/body-fat-prediction-dataset**](https://www.kaggle.com/datasets/fedesoriano/body-fat-prediction-dataset)

**About Dataset**

**Context**

Lists estimates of the percentage of body fat determined by underwater  
weighing and various body circumference measurements for 252 men.

**Educational use of the dataset**

This data set can be used to illustrate multiple regression techniques. Accurate measurement of body fat is inconvenient/costly and it is desirable to have easy methods of estimating body fat that are not inconvenient/costly.

**Content**

The variables listed below, from left to right, are:

1. Density determined from underwater weighing
2. Percent body fat from Siri's (1956) equation
3. Age (years)
4. Weight (lbs)
5. Height (inches)
6. Neck circumference (cm)
7. Chest circumference (cm)
8. Abdomen 2 circumference (cm)
9. Hip circumference (cm)
10. Thigh circumference (cm)
11. Knee circumference (cm)
12. Ankle circumference (cm)
13. Biceps (extended) circumference (cm)
14. Forearm circumference (cm)
15. Wrist circumference (cm)