

# BODY FAT CONTENT WORKSHEET (Male)

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

|  |       |                           |       |                               |
|--|-------|---------------------------|-------|-------------------------------|
| NAME (Last, First, Middle Initial)   |       | RANK                      |       | NOTE:                         |
| HEIGHT (to nearest 0.50 inch)  |       | WEIGHT (to nearest pound) |       | ½" =.50                       |
| AGE  |       |                           |       |                               |
| STEP   | FIRST | SECOND                    | THIRD | AVERAGE (to nearest 0.50 in.) |
| 1. Measure neck just below level of larynx (Adam's apple.) <b>Round up</b> to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.  |       |                           |       |                               |
| 2. Measure abdomen at the level of the navel (belly button.) <b>Round down</b> to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.  |       |                           |       |                               |
| 3. Enter the average neck circumference.   |       |                           |       |                               |
| 4. Enter the average abdominal circumference.  |       |                           |       |                               |
| 5. Enter circumference value (step 4 - step 3).  |       |                           |       |                               |
| 6. Enter height in inches to the nearest 0.50 inch.  |       |                           |       |                               |
| 7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-1 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat. |       |                           |       |                               |

REMARKS

## CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
 ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

|   |      |                 |  |      |                 |
|---|------|-----------------|--|------|-----------------|
| PREPARED BY<br>(Printed Name and Signature) | RANK | DATE (YYYYMMDD) | APPROVED BY SUPERVISOR<br>(Printed Name and Signature) | RANK | DATE (YYYYMMDD) |
|   |      |                 |  |      |                 |

BODY FAT CONTENT WORKSHEET (Male), Part 2

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

PRIVACY STATEMENT

**AUTHORITY:** Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; [Army Regulation 600-9, The Army Body Composition Program](#).

**PRINCIPAL PURPOSE:** To provide a means for Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) <https://dpcl.d.defense.gov/Portals/49/Documents/Privacy/SORNs/Army/A006-8-104-AHRC.pdf>

**ROUTINE USES:** For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

**DISCLOSURE:** Voluntary. However, failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

Soldier scored a 540 or higher on the ACFT and is exempt from the body fat assessment.

Preparer's Initials: \_\_\_\_\_

|   |       |                           |       |                               |
|---|-------|---------------------------|-------|-------------------------------|
| NAME (Last, First, Middle Initial)  |       | RANK                      |       | NOTE:                         |
| HEIGHT (to nearest 0.50 inch)   |       | WEIGHT (to nearest pound) |       | ½" = .50                      |
| AGE   |       |                           |       |                               |
| STEP  | FIRST | SECOND                    | THIRD | AVERAGE (to nearest 0.50 in.) |
| 1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.  |       |                           |       |                               |
| 2. Enter the average abdominal circumference.   |       |                           |       |                               |
| 3. Weight factor. Enter the weight to the nearest pound.  |       |                           |       |                               |
| 4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in <a href="#">AR 600-9</a> figure B-1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in <a href="#">AR 600-9</a> figure B-1. This is the Soldier's PERCENT BODY FAT. |       |                           |       | BODY FAT PERCENTAGE           |
| -or-<br>Calculate body fat percentage. See <a href="#">AR 600-9</a> Table B-5 for sample body fat calculations.<br>Body Fat % = -26.97 – (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches)  |       |                           |       |                               |
| 5. Supplemental Body Fat Assessment results, if applicable.   |       |                           |       | BODY FAT PERCENTAGE           |
| Name of Authorized Supplemental Body Fat Assessment Machine/Equipment:<br>_____<br>Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment:<br>_____   |       |                           |       |                               |
| <a href="#">AR 600-9 Table B-2</a><br>Maximum allowable percent body fat standards<br><div> <div>Age group: 17–20</div> <div>Age group: 21–27</div> <div>Age group: 28–39</div> <div>Age group: 40 and older:</div> </div> <div> <div>Male (% body fat): 20%</div> <div>Male (% body fat): 22%</div> <div>Male (% body fat): 24%</div> <div>Male (% body fat): 26%</div> </div>                     |       |                           |       |                               |

REMARKS

CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
 ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

|   |       |                 |  |       |                 |
|---|-------|-----------------|--|-------|-----------------|
| PREPARED BY<br>(Printed Name and Signature) | RANK  | DATE (YYYYMMDD) | APPROVED BY SUPERVISOR<br>(Printed Name and Signature) | RANK  | DATE (YYYYMMDD) |
| _____                                       | _____ | _____           | _____  | _____ | _____           |