From the NWFDN, 9 Oct 2006, p. D6

See spread sheet for calculations.

Body Fat Ratings:

**Table 1. Ratings for Women**

|  |  |
| --- | --- |
| **Rating** | **Percent Body Fat** |
| Essential | 10-12 |
| Athlete | 14-20 |
| Fitness | 21-24 |
| Acceptable | 25-31 |
| Obese | 32 and over |

**Table 2. Ratings for Men**

|  |  |
| --- | --- |
| **Rating** | **Percent Body Fat** |
| Essential | 2-5 |
| Athlete | 6-13 |
| Fitness | 14-17 |
| Acceptable | 18-24 |
| Obese | 25 and over |