

# 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 (Printed Name and Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (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)		AGE
STEP		FIRST	SECOND	THIRD
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- Calculate body fat percentage. See <a href="#">AR 600-9</a> Table B-5 for sample body fat calculations. 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:				
Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment:				
<a href="#">AR 600-9 Table B-2</a> Maximum allowable percent body fat standards				
Age group: 17-20 Male (% body fat): 20%	Age group: 21-27 Male (% body fat): 22%	Age group: 28-39 Male (% body fat): 24%	Age group: 40 and older: Male (% body fat): 26%	

REMARKS

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

PREPARED BY (Printed Name and Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)
_____	_____	_____	_____	_____	_____