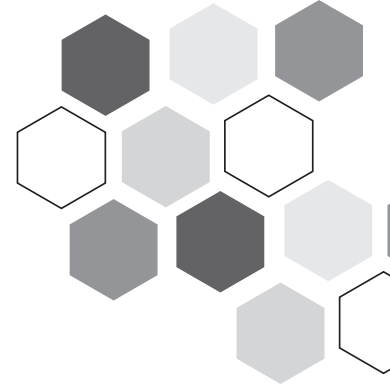


BODY-COMPOSITION ASSESSMENT RESULTS



HEIGHT, WEIGHT, AND BODY MASS INDEX

DATE: _____

Name: _____

Weight (lb): _____ Height (in): _____

If necessary, convert to metric units:

Weight in pounds x 0.454 = Weight in kg

Height in inches x 0.0254 = Height in m

Weight (kg): _____ Height (m): _____

Calculate body mass index (BMI): $\text{Weight (kg)} / \text{Height}^2 \text{ (m)}$

BMI: _____

Note: Refer to page 299 for a BMI chart.

CIRCUMFERENCE MEASUREMENTS

DATE: _____

Abdomen: _____

Hips: _____

Iliac: _____

Waist: _____

Waist-to-Hip Ratio: $\text{Waist}/\text{Hip} =$ _____

SKINFOLD MEASUREMENTS

DATE: _____

MEN

Chest: _____

Abdomen: _____

Thigh: _____

Total: _____

WOMEN

Triceps: _____

Suprailium: _____

Thigh: _____

Total: _____

% Body-fat estimation: _____

Note: Refer to pages 307 and 308 to determine body-fat estimates.

