

Body Measurements Form (Men)



.....
 NAME _____ DATE _____

| SITE | MEASUREMENT 1 | MEASUREMENT 2 | MEASUREMENT 3 | MEAN OF ALL THREE MEASUREMENTS |
|------|---------------|---------------|---------------|--------------------------------|
|------|---------------|---------------|---------------|--------------------------------|



Abdominal skinfold (mm)



Triceps skinfold (mm)



Chest skinfold (mm)



Midaxillary skinfold (mm)



Subscapular skinfold (mm)



Suprailiac skinfold (mm)











Thigh skinfold (mm)

SUM OF MEAN SKINFOLDS (MM) = _____

BODY FAT % (USE ONLINE CALCULATOR FOR CALCULATION) = _____










| SITE | MEASUREMENT 1 | MEASUREMENT 2 | MEASUREMENT 3 | MEAN OF ALL THREE MEASUREMENTS |
|---|---------------|---------------|---------------|--------------------------------|
|  | | | | |
| Neck girth (cm) | | | | |
|  | | | | |
| Shoulder girth (cm) | | | | |
|  | | | | |
| Chest girth (cm) | | | | |
|  | | | | |
| Upper-arm girth (cm) | | | | |
|  | | | | |
| Waist girth (cm) | | | | |
|  | | | | |
| Hip girth (cm) | | | | |
|  | | | | |
| Thigh girth (cm) | | | | |
|  | | | | |
| Calf girth (cm) | | | | |

Body Measurements Form (Women)



NAME _____ DATE _____

| SITE | MEASUREMENT 1 | MEASUREMENT 2 | MEASUREMENT 3 | MEAN OF ALL THREE MEASUREMENTS |
|--|---------------|---------------|---------------|--------------------------------|
|  Abdominal skinfold (mm) | | | | |
|  Triceps skinfold (mm) | | | | |
|  Chest skinfold (mm) | | | | |
|  Midaxillary skinfold (mm) | | | | |
|  Subscapular skinfold (mm) | | | | |
|  Suprailiac skinfold (mm) | | | | |
|  Thigh skinfold (mm) | | | | |
| SUM OF MEAN SKINFOLDS (MM) = | | | | _____ |
| BODY FAT % (USE ONLINE CALCULATOR FOR CALCULATION) = | | | | _____ |



| SITE | MEASUREMENT 1 | MEASUREMENT 2 | MEASUREMENT 3 | MEAN OF ALL THREE MEASUREMENTS |
|--|---------------|---------------|---------------|--------------------------------|
|  Neck girth (cm) | | | | |
|  Shoulder girth (cm) | | | | |
|  Chest girth (cm) | | | | |
|  Upper-arm girth (cm) | | | | |
|  Waist girth (cm) | | | | |
|  Hip girth (cm) | | | | |
|  Thigh girth (cm) | | | | |
|  Calf girth (cm) | | | | |