

**BODY FAT CONTENT WORKSHEET (Female)**

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

NAME (Last, First, Middle Initial)		RANK		NOTE:  ½"=.50	
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)			AGE
STEP		FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure neck just below level of larynx ( <i>Adam's apple</i> ). <b>Round up</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.					
2. Measure waist ( <i>abdomen</i> ) at the point of minimal abdominal circumference. <b>Round down</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.					
3. Measure hips at point where the gluteus muscles ( <i>buttocks</i> ) protrude backward the most. <b>Round down</b> to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.					
4. CALCULATIONS		REMARKS			
A. Enter average waist circumference					
B. Enter average hip circumference					
C. <b>TOTAL (4A + 4B)</b>					
D. Enter average neck circumference					
E. Enter circumference value (4C - 4D)					
F. Enter height in inches to the nearest 0.50 inch.					
G. Find the Soldier's circumference value ( <i>line 4E</i> ) and height ( <i>line 4F</i> ) in Figure B-2 (Percent Fat Estimation for Women). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.					

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