

Body Measurements Form (Men)



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 NAME _____ DATE _____

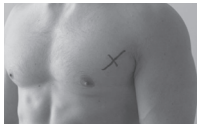
SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS
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Abdominal skinfold (mm)



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)



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 NAME _____ DATE _____

SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS
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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)				
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 Waist girth (cm)				
 Hip girth (cm)				
 Thigh girth (cm)				
 Calf girth (cm)				