Anthropometric Assessment Form

Name: _____ Date: _____

Height: _____ Inches X 0.25= _____ meters

Weight: _____ lbs. X 45= _____ meters

BMI $\dfrac{wt\,(kg)}{ht^2\,(m^2)}$ = _____

20 – 24	-	Lowest Risk (Heart Disease, Breast Cancer)
25 – 29	-	Grade I obesity
30 – 40	-	Grade II obesity
> 40	-	Grade III obesity

Girth Measurements

Mid Bicep (Right)_____inches
Waist (umbilicus)_____inches
Hip (wildest point around buttocks)_____inches
Upper Thigh (Right) – just below gluts_____inches

Waist-to-Hip Ratio: $\dfrac{W}{H}$ (or Waist divided by Hip)

♀ < .85 - Lowest Risk (Heart Disease, Breast Cancer)
♂ **< .95** - Grade I obesity

W:H Ratio = _____

Percent Body Fat: _____ %

♀ Normal Range: 14 – 25 % (28%)
♂ Normal Range: 9 – 15 % (17%)

Ideal Weight

$$\dfrac{Wt\,[lbs.] - \left(Wt\,[lbs.]\ X\ \dfrac{\%\,Body\,Fat}{100} \right)}{1 - X}$$

X = desired body body fat in decimal form(ie., if 15% body fat desired, then x = .15)

Desired Body Fat = _____

Ideal Weight = _____