Anthropometric Assessment Form

Name:_____ Date:_____

Height: _____inches X .025 = _____ meters

Weight: _____ lbs. X .45 = _____kg

BMI $\frac{\text{wt (kg)}}{\text{ht}^2\ (\text{m}^2)}$ = _____

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 (widest point around buttocks) _____inches
Upper Thigh (Right) – just below gluts _____inches

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

♀ < .85 - desirable (heart disease, diabetes, reproductive cancers)
♂ < .95 - desirable (heart disease, diabetes, reproductive cancers)

W:H Ratio = _____

Percent Body Fat: _____%
♀ Normal Range: 14 – 25 % (28%)
♂ Normal Range: 9 – 15% (17%)

Ideal Weight

$$\frac{\text{Wt [lbs.]} - \left(\text{wt [lbs.]} \times \frac{\%\text{Body Fat}}{100} \right)}{1 - X}$$

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

Desired Body Fat = _____

Ideal Weight = _____