

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) = _____