








# Body Measurements Form (Men)



.....  
 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) =				.....










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)



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) =				_____



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)				