Body Measurements Form (Men)



NAME				ATE
SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS
+				
Abdominal skinfold (mm)				
H/ /				
Triceps skinfold (mm)				
Chest skinfold (mm)				
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\				
Midaxillary skinfold (mm)		•••••	•••••	***************************************
1/1				
Subscapular skinfold (mm)				
Suprailiac skinfold (mm)				
Thigh skinfold (mm)				
		SUM	OF MEAN SKINFOLDS (MM) =	
		RODY FAT % (USE ONLINE CALC	III ATOR FOR CALCUL ATION) -	





SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS
Neck girth (cm)				
Shoulder girth (cm)				
Chest girth (cm)				•••••
The second				
Upper-arm girth (cm)				
Waist girth (cm)				
Hip girth (cm)				
Thigh girth (cm)				
Calf girth (cm)				

Body Measurements Form (Women)



NAME				ATE	
SITE	MEASUREMENT 1	MEASUREMENT 2	MEASUREMENT 3	MEAN OF ALL THREE MEASUREMENTS	
74					
Abdominal skinfold (mm)					
1					
Triceps skinfold (mm)	•••••				
Chest skinfold (mm)					
Midaxillary skinfold (mm)					
Subscapular skinfold (mm)					
Suprailiac skinfold (mm)	•••••				
Thigh skinfold (mm)					
THIST SKITHOLU (ITIIII)			LOF MEAN CHINES TO (147)		
			OF MEAN SKINFOLDS (MM) =		
	ı	BODY FAT % (USE ONLINE CALC	ULATOR 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)				

