

**BODY FAT CONTENT WORKSHEET (Male)**

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME (Last, First, Middle Initial)		RANK			NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		AGE	
STEP		FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure abdomen at the level of the navel (belly button.) <b>Round down</b> to the nearest 0.50 inch. (Repeat 3 times.)					
2. Measure neck just below level of larynx (Adam's apple.) <b>Round up</b> to the nearest 0.50 inch. (Repeat 3 times.)					
3. Enter the average abdominal circumference.					
4. Enter the average neck circumference.					
5. Enter circumference value (step 3 - step 4).					
6. Find the height in Table 3-1 (Height Factor). Enter height in inches.					
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-5 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.					

REMARKS

CHECK ONE

- Individual is in compliance with Army Standards;  is not in compliance with the standards.  
 Recommended monthly weight loss is 3-8 lbs.

PREPARED BY (Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)
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