








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)				