

# The Precision Nutrition Measurement Guide

John M. Berardi, PhD, CSCS

© 2006, Science Link, Inc. All rights reserved. You may not copy, share or distribute this work in any format or media without the express written consent of Science Link, Incorporated. For inquiries, contact [info@precisionnutrition.com](mailto:info@precisionnutrition.com)



# Table of Contents

Introduction .....	1
Part 1: Body Weight Measurement.....	3
Step 1: Find a scale.....	3
Step 2: Test & calibrate.....	3
Step 3: Test again.....	3
Step 4: Weigh yourself.....	3
Step 5: Record.....	4
Step 6: Repeat measurement under similar conditions.....	4
Summary .....	4
Part 2: Body Fat Measurement.....	5
Measurement Steps .....	5
Step 1: Buy calipers.....	5
Step 2: Find a buddy.....	5
Step 3: Practice.....	6
Step 4: Measure three times and average the values.....	6
Step 5: Record your results.....	6
Step 6: Standardize your measurements.....	6
Step 7: Plug the skinfold numbers into the equations.....	6
Summary .....	7
Part 3: The Skinfold Sites .....	8
Measurement Technique .....	8
Site 1: The Abdominal Site .....	9
Site 2: The Triceps Site.....	10
Site 3: The Chest Site .....	11
Site 4: The Midaxillary Site .....	12
Site 5: The Subscapular Site.....	13
Site 6: The Suprailiac Site .....	14
Site 7: The Thigh Site.....	15
Part 4: The Skinfold Equations .....	16
Part 5: Girth Measurements.....	18
Step 1: Pick up a good measuring tape.....	18
Step 2: Choose the body parts to record.....	19
Step 3: Wrap tape around body part.....	22
Step 4: Tighten tape to a snug fit.....	22
Step 5: Read measurement.....	22
Step 6: Record.....	23
Part 6: Recovery Measures .....	24
Subjective Recovery Measures .....	24
Objective Recovery Measure.....	25
Part 7: Strength and Performance Measures.....	26
Maximal Strength Tests:.....	26
Power Tests:.....	26
Strength Endurance:.....	26
Endurance Capacity:.....	27
Part 8: Blood Measures.....	28

The Tests .....	28
How Often? .....	29
Part 9: Photographs .....	30
Appendix A: Male Skinfold Measurement Worksheet .....	33
Appendix B: Female Skinfold Measurement Worksheet.....	34
Appendix C: Male Girth Measurement Worksheet.....	35
Appendix D: Female Girth Measurement Worksheet .....	36
Appendix E: Body Fat Calculations for Men and Women .....	37
Men: .....	37
Sum of 7 Skinfolds (mm).....	37
Body Density.....	37
Body Fat %.....	37
Fat Mass .....	37
Lean Mass .....	37
Women:.....	37
Sum of 7 Skinfolds (mm).....	37
Body Density.....	37
Body Fat %.....	37
Fat Mass .....	37
Lean Mass .....	37
Appendix F: Bi-Weekly Results Tracker .....	38