

**BODY FAT CONTENT WORKSHEET (Male)**  
 For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME <i>(Last, First, Middle Initial)</i>		SSN	RANK		NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT <i>(to nearest 0.25 inch)</i>		WEIGHT <i>(to nearest pound)</i>		AGE	
STEP	FIRST	SECOND	THIRD	AVERAGE <i>(to nearest 0.25 in.)</i>	
1. Measure abdomen at the level of the navel <i>(belly button)</i> to the nearest 0.25 inch. <i>(Repeat 3 times.)</i>					
2. Measure neck just below level of larynx <i>(Adam's apple)</i> to the nearest 0.25 inch. <i>(Repeat 3 times.)</i>					
3. Enter the average abdominal measurement to the nearest 0.25 inch.					
4. Enter the average neck measurement to the nearest 0.25 inch.					
5. Subtract Step 4 from Step 3 <i>(Enter result)</i> to the nearest 0.25 inch.					
6. Find result from Line 5 <i>(the difference between Neck and Abdomen)</i> in Table B-1 <i>(Abdomen-Neck Factor)</i> . Enter factor.					
7. Find the height in Table B-2 <i>(Height Factor)</i> . Enter factor.					
8. Subtract Step 7 from Step 6 <i>(Enter result)</i> . 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      APPROVED BY SUPERVISOR *(Printed Name and Signature)*      RANK      DATE