M TAB TAB TAB TAB TAB

BODY FAT CONTENT WORKSHEET *(Male)*

For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME *(Last, First, Middle Initial)*	SSN	RANK	NOTE: ¼"=.25 ½"=.50 ¾"=.75
HEIGHT *(to nearest 0.25 inch)*	WEIGHT *(to nearest pound)*	AGE	

STEP	FIRST	SECOND	THIRD	AVERAGE *(to nearest 0.25 in.)*
1. Measure abdomen at the level of the navel *(belly button)* to the nearest 0.25 inch. *(Repeat 3 times.)*				
2. Measure neck just below level of larynx *(Adam's apple)* to the nearest 0.25 inch. *(Repeat 3 times.)*				
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 *(Enter result)* to the nearest 0.25 inch.				
6. Find result from Line 5 *(the difference between Neck and Abdomen)* in Table B-1 *(Abdomen-Neck Factor).* Enter factor.				
7. Find the height in Table B-2 *(Height Factor).* Enter factor.				
8. Subtract Step 7 from Step 6 *(Enter result).* 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

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