

ANTHROPOMETRIC MEASUREMENTS FORM

Date: _____

HEIGHT, WEIGHT, AND BODY MASS INDEX

Weight (lb): _____ Height (in): _____

If necessary, convert to metric units: Weight in pounds x 0.454 = Weight in kg Height in inches x 0.0254 = Height in m

Weight (kg): _____ Height (m): _____

Calculate body mass index (BMI): BMI = Weight (kg)/Height² (m) or $\frac{\text{Weight (lb)}}{\text{Height}^2 \text{ (in)}} \times 703$

BMI: _____

SKINFOLD MEASUREMENTS

Men

Chest: _____

Abdomen: _____

Thigh: _____

Total: _____

% Body-fat estimation: _____

Women

Triceps: _____

Suprailium: _____

Thigh: _____

Total: _____

CIRCUMFERENCE MEASUREMENTS

Abdomen: _____

Hip: _____

Waist: _____

Waist-to-hip ratio: _____

Biceps: _____

Midthigh: _____