



Live your best day every day!

Body Composition Measurements

Date: _____

| | | | |
|----------------------------|--|-----------------------------|--|
| Neck: | | Shoulders: | |
| Chest: | | | |
| Left Bicep: | | Right Bicep: | |
| Left Forearm: | | Right Forearm: | |
| Waist: | | Hips: | |
| Waist to Hip Ratio: | | Waist to Hip Rating: | |
| Left Thigh: | | Right Thigh: | |
| Left Calf: | | Right Calf: | |
| Weight: | | Height: | |
| BMI: | | BMI Rating: | |

| BMI Classification Reference Table | | Waist-to-Hip Ratio Reference Table | | |
|------------------------------------|----------------|------------------------------------|-------------|-------------|
| BMI (adults) | Classification | Classification | Male | Female |
| Less than 18.5 | Underweight | Extreme | > 1.00 | > 0.90 |
| 18.5 to 24.9 | Healthy Weight | High | 0.95 - 1.00 | 0.85 - 0.90 |
| 25 to 29.9 | Overweight | Average | 0.90 - 0.95 | 0.80 - 0.85 |
| 30 to 34.9 | Obese Class 1 | Good | 0.85 - 0.90 | 0.75 - 0.80 |
| 35-39.9 | Obese Class 2 | Excellent | < 0.85 | < 0.75 |
| 40 or more | Obese Class 3 | | | |