



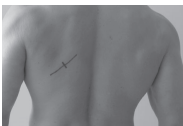




Initial Body Composition Assessment

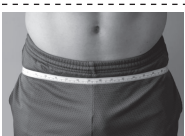

Name: _____

Date: _____

INITIAL BODY COMPOSITION ASSESSMENT (MEN)

SITE	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3	MEAN OF 3 MEASUREMENTS
 Abdominal skinfold (mm)				
 Triceps skinfold (mm)				
 Chest skinfold (mm)				
 Mid-axillary skinfold (mm)				
 Subscapular skinfold (mm)				
 Suprailiac skinfold (mm)				
 Thigh skinfold (mm)				
Sum of mean skinfolds (mm) = _____ Body fat % (See Appendix A for calculations) = _____				

INITIAL BODY COMPOSITION ASSESSMENT (MEN)

SITE	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3	MEAN OF 3 MEASUREMENTS
 Neck girth (cm)				
 Shoulder girth (cm)				
 Chest girth (cm)				
 Upper-arm girth (cm)				
 Waist girth (cm)				
 Hip girth (cm)				
 Thigh girth (cm)				
 Calf girth (cm)				