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)/Height$^2$ (m)  
or  Weight (lb) x 703  
Height$^2$ (in)

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: __________