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Implementing Guidance

BODY FAT CONTENT WORKSHEET *(Male)*

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

PRIVACY STATEMENT

AUTHORITY: 10 U.S.C. 7013, Secretary of the Army; Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; Army Regulation 600-9, The Army Body Composition Program.

PRINCIPAL PURPOSE: To establish a method for Soldiers to utilize the one site circumference-based tape test. Soldiers who score a 465 or more on the Army Fitness Test (AFT) are in compliance with the Army body fat standard IAW AD 2025-XX and AR 600-9. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) https://www.federalregister.gov/documents/2019/07/18/2019-15242/privacy-act-of-1974-system-of-records.

ROUTINE USES: For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

DISCLOSURE: Failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

Soldier scored a 465 or more on the AFT and is in compliance with the Army body fat standard IAW AD 2025-XX and AR 600–9.

Preparer's Initials: _____

NAME *(Last, First, Middle Initial)* RANK

HEIGHT *(to nearest 0.50 inch)* WEIGHT *(to nearest pound)* AGE

NOTE: ½" =.50

STEP	FIRST	SECOND	THIRD	AVERAGE *(to nearest 0.50 in.)*
1. Measure abdomen at the level of the navel *(belly button.)* **Round down** to the nearest 0.50 inch. *Repeat three times, then average to the* nearest 0.50 inch.				
2. Enter the average abdominal circumference.				
3. Weight factor. Enter the weight to the nearest pound.				
4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in AR 600-9 figure B–1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in AR 600-9 figure B–1. This is the Soldier's PERCENT BODY FAT. **-or-** Calculate body fat percentage. See AR 600-9 Table B-5 for sample body fat calculations. Body Fat % = -26.97 – (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches)				BODY FAT PERCENTAGE
5. Supplemental Body Fat Assessment results, if applicable. Name of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____ Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____ **AR 600-9 Table B–2** Maximum allowable percent body fat standards **Age group:** 17–20 Male (% body fat): 20% **Age group:** 21–27 Male (% body fat): 22% **Age group:** 28–39 Male (% body fat): 24% **Age group:** 40 and older: Male (% body fat): 26%				BODY FAT PERCENTAGE

REMARKS

CHECK ALL THAT APPLY

☐ Individual is in compliance with Army Standards.

☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY *(Printed Name and Signature)*	RANK	DATE *(YYYYMMDD)*	APPROVED BY SUPERVISOR *(Printed Name and Signature)*	RANK	DATE *(YYYYMMDD)*