

Body Fat Determination Using Skinfold Calipers - Progress Record

Body Composition Measurements (using Skinfold Calipers)

Skinfold Location	How to Measure	Date	Date	Date	Date
Thigh (women and men)	Pull the fold vertically approximately half way between the hip joint and the knee cap, centered along the front of the upper leg. Bodyweight is shifted the left foot. Measure 1 cm below fingers. Be sure to record your answer to the nearest tenth of a millimeter.				
Abdomen (men)	Measure vertically one inch right of the navel. Be sure to record your answer to the nearest tenth of a millimeter.				
Chest (men)	Fold is taken on half the distance between underarm and nipple for men and one third of this distance for women, along the line between the underarm and the nipple. Be sure to record your answer to the nearest tenth of a millimeter.				
Hip Bone - Suprailium (women)	Measure at a forty five degree angle diagonally above the iliac creast (hip bone), in line with the front of the underarm. Be sure to record your answer to the nearest tenth of a millimeter. Be sure to record your answer to the nearest tenth of a millimeter.				
Triceps (women)	Measure vertically on the upper arm centered to the back, slightly above (1 cm) half way between the elbow and the under arm. Be sure to record your answer to the nearest tenth of a millimeter.				
Sum of 3 Measures - Women	Take the total of these measurements				
Sum of 3 Measures - Men	Take the total of these measurements and look up your body fat percentage in the corresponding table for men.				
Body Weight (lbs)	Record you body weight with an accurate scale. Use the same scale for future measures.				
% Body Fat - Women	Look up your body fat percentage in the corresponding table for women				
% Body Fat - Men	Look up your body fat percentage in the corresponding table for men				
Lean Mass	Lean mass = body weight - (%BF x body weight) For Example: 200lbs - (0.25x200lbs) = 150lbs lean mass				
Protein Requirement	On average aim for 1g protein per lb of lean body mass In the above example, protein requirement is 150g/day				
NOTES					

