

Name: _____

Birth Date: ____ / ____ / ____

Date:												
Time:												
Measured by:												
Weight												
Chest ♂ / Triceps ♀												
Abdomen ♂ / Suprailiac ♀												
Thigh ♂ ♀												
Skinfolds Total												
% Body Fat												
Fat												
Lean												

♀ (SKF) = sum (tricep + suprailiac + thigh)
 ♂ (SKF) = sum (chest + abdomen + thigh)

