Name: _____ **Birth Date:** ____/____/____

	Date:							
	Time:							
	Measured by:							
Circumference Measurements	**Neck**							
	Shoulders							
	Chest							
	Waist							
	Hips							
	Right Arm							
	Left Arm							
	Right Forearm							
	Left Forearm							
	Right Thigh							
	Left Thigh							
	Right Calf							
	Left Calf							
Body Composition (Three-Site)	**Weight**							
	Chest ♂							
	Abdomen ♂							
	Triceps ♀							
	Suprailiac ♀							
	Thigh ♂♀							
	Skinfolds Total							
	% Body Fat							
	Fat							
	Lean							

For use with Baun WB, Baun MR, Raven PB. A nomogram for the estimate of percent body fat from generalized equations. Res Q Exerc Sport. 1981 Oct;52(3):380-4.