

# Body Composition Assessment



Date \_\_\_\_\_

Name (print) \_\_\_\_\_

Age \_\_\_\_\_ Gender 1 [ ] Male 2 [ ] Female

Height \_\_\_\_\_ ft. \_\_\_\_\_ in.

Weight \_\_\_\_\_ lb.

Waist circumference \_\_\_\_\_ in.

Percent body fat \_\_\_\_\_ %

Activity level (circle 1 answer)

1. **Mostly sedentary**, no regular exercise program or less than 30 minutes of physical activity most days of the week
2. **Moderately active**, exercise 30 – 50 minutes most days of the week
3. **Very active**, exercise 60 – 90 minutes most days of the week

Weight management goal (circle 1 goal)

1. **Maintain** my current weight
2. **Lose weight**, I'm too heavy
3. **Gain weight** or muscle mass, I'm too thin

Mark any topic you'd like to learn more about.

- |   |   |
|---|---|
| <input type="checkbox"/> Improve fitness      | <input type="checkbox"/> Lower blood pressure |
| <input type="checkbox"/> Healthy eating       | <input type="checkbox"/> Lower cholesterol    |
| <input type="checkbox"/> Lose weight          | <input type="checkbox"/> Prevent diabetes     |
| <input type="checkbox"/> Stress and coping    | <input type="checkbox"/> Improve heart health |
| <input type="checkbox"/> Quit smoking         | <input type="checkbox"/> Improve brain health |
| <input type="checkbox"/> Deal with depression | <input type="checkbox"/> Preventing cancer    |

Notify me by: (print clearly)

Mail \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

## Waist Circumference Measurement

To get an accurate measurement of your own waist circumference, stand up, breath out and place a tape measure snugly around your bare abdomen just above the hip bones. The location is generally at or below the belly button. Pull the tape snug but not tight so it does not cut into the skin and fat. Take measurement to the nearest half inch.



## Why several tests of body composition are needed to evaluate weight correctly.

1. BMI gives an overall indication of weight for height, but doesn't distinguish between fat weight and lean weight.
2. A percent fat test shows how much fat and lean a person has in their body and is a more precise measure of fitness and muscle mass.
3. Waist circumference measures abdominal fat. Fat stored in the abdomen is a better indicator of risk than fat stored in other locations of the body such as the hips. Abdominal obesity is defined as a waist circumference of 35 inches or more in women and 40 inches or more in men.
4. Fat free mass index (FFMI) is a measure of lean weight which is a better predictor of survival than either BMI or fat weight alone.