

BODY FAT CONTENT WORKSHEET (Male)
 For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME (Last, First, Middle Initial)		RANK		NOTE:
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		10" = 50
AGE				
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure neck just below level of larynx (Adam's apple.) Round up to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
2. 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.				
3. Enter the average neck circumference.				
4. Enter the average abdominal circumference.				
5. Enter circumference value (step 4 - step 2).				
6. Enter height in inches to the nearest 0.50 inch.				
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-1 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.				
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 (Signature)	RANK	DATE (mmmmdd)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYmmdd)

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Lingjun Ying



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Table of Contents Da 5500 Fillable

1. Understanding the eBook Da 5500 Fillable
 - The Rise of Digital Reading Da 5500 Fillable
 - Advantages of eBooks Over Traditional Books
2. Identifying Da 5500 Fillable
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Da 5500 Fillable
 - User-Friendly Interface
4. Exploring eBook Recommendations from Da 5500 Fillable
 - Personalized Recommendations
 - Da 5500 Fillable User Reviews and Ratings

- Da 5500 Fillable and Bestseller Lists
- 5. Accessing Da 5500 Fillable Free and Paid eBooks
 - Da 5500 Fillable Public Domain eBooks
 - Da 5500 Fillable eBook Subscription Services
 - Da 5500 Fillable Budget-Friendly Options
- 6. Navigating Da 5500 Fillable eBook Formats
 - ePub, PDF, MOBI, and More
 - Da 5500 Fillable Compatibility with Devices
 - Da 5500 Fillable Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Da 5500 Fillable
 - Highlighting and Note-Taking Da 5500 Fillable
 - Interactive Elements Da 5500 Fillable
- 8. Staying Engaged with Da 5500 Fillable
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Da 5500 Fillable
- 9. Balancing eBooks and Physical Books Da 5500 Fillable
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Da 5500 Fillable
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Da 5500 Fillable
 - Setting Reading Goals Da 5500 Fillable
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Da 5500 Fillable
 - Fact-Checking eBook Content of Da 5500 Fillable
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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