4 т	ДВ Т	AB	TAB	TAB	TAB

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 WEIGHT (to nearest pound) AGE		
HEIGHT (to nearest 0.50 inch)	WEIGHT (to near			
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
 Measure neck just below level of larynx (Adam's apple.) Bound up to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch. 				
 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. 				
Enter the average neck circumference.				
Enter the average abdominal circumterence.				
Enter circumference value (step 4 - step 3).				
Enter height in inches to the nearest 0.50 inch.				
 Find the Soldier's circumference value (step 5) an Enter the percent body fat value that intercepts w Body Fat. 				

RIEMARKS.

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 (YYYYMMOO)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMOO)	

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