

**Body Fat Percentage**

Gender	Age	-(low)	0 (normal)	+ (high)	++ (very high)
Female	20-39	<21.0	21.0 - 32.9	33.0 – 38.9	>39.0
	40-59	<23.0	23.0 – 33.9	34.0 - 39.9	>40.0
	60-79	<24.0	24.0 – 35.9	36.0 – 41.9	>42.0
Male	20-39	<8.0	8.0 – 19.9	20.0 – 24.9	>25.0
	40-59	<11.0	11.0 – 21.9	22.0 – 27.9	>28.0
	60-79	<13.0	13.0 24.9	25.0 – 29.9	>30.0

**SKELETAL MUSCLE**

Gender	Age	-(low)	0 (normal)	+ (high)	++ (very high)
Female	18-39	<24.3	24.3 – 30.3	30.4 – 35.3	>35.4
	40-59	<24.1	24.1 – 30.1	30.2 – 35.1	>35.2
	60-80	<23.9	23.9 – 29.9	30.0 – 34.9	>35.0
Male	20-39	<33.3	33.3 – 39.3	39.4 – 44.0	>44.1
	40-59	<33.1	33.1 – 39.1	39.2 – 43.8	>43.9
	60-79	<32.9	32.9 – 38.9	39.0 – 43.6	>43.7

**BMI**

BMI	DESIGNATION
LESS THAN 18.5	-(UNDERWEIGHT)
18.5 OR MORE AND LESS THAN 25	0 (normal)
25 or more and less than 30	+(overweight)
30 or more	++ (Obese)

**FAT WEIGHT = Body Weight x % Fat. (Use the decimal point, i.e. 15%, .15)**

Fat Weight is how many pounds of fat you have on your body.

**LEAN BODY WEIGHT = Body Weight - Fat Weight.**

Lean Body Weight consists of muscles, bones and organs.

**BODY COMPOSITION FITNESS ZONES**

CLASSIFICATION	MEN	WOMEN
(1) Excessively Lean	< 5%	< 12%
(2) High Performance Zone	5% - 9%	14% - 18%
(3) Good Fitness Zone	10% - 17%	19% - 25%
(4) Marginal Zone	18% - 19%	26% - 30%
(5) Obese Zone	> 20%	> 30%