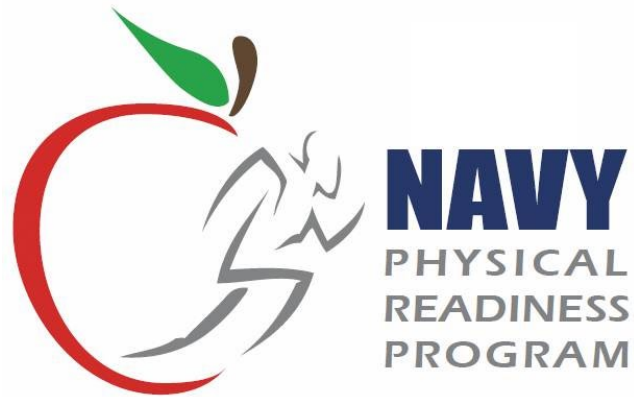


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GUIDE 4

BODY COMPOSITION ASSESSMENT (BCA)

Section 4: BCA Tables

Table 1: Maximum Weight for Height

Table 2: Percent Body Fat Estimation for Men

Table 3: Percent Body Fat Estimation for Women

TABLE 1
MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Men Maximum Weight (pounds)	Sailor's Height (inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

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**TABLE 2
PERCENT BODY FAT ESTIMATION FOR MEN**

Circumference Value*	Height (inches)																			
	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5	68	68.5	69	69.5
13	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
13.5	9	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14.5	12	12	12	11	11	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9
15	13	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10	10	9	9	<10
15.5	15	14	14	14	14	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10
16	16	16	15	15	15	15	14	14	14	14	13	13	13	13	12	12	12	12	12	11
16.5	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14	13	13	13	13	12
17	18	18	18	17	17	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14
17.5	19	19	19	18	18	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15
18	20	20	20	19	19	19	19	18	18	18	18	18	17	17	17	17	16	16	16	16
18.5	21	21	21	20	20	20	20	19	19	19	19	19	18	18	18	18	17	17	17	17
19	22	22	22	21	21	21	21	20	20	20	20	20	19	19	19	19	18	18	18	18
19.5	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20	19	19	19	19
20	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20
20.5	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21
21	26	26	25	25	25	25	24	24	24	24	24	23	23	23	23	22	22	22	22	21
21.5	27	27	26	26	26	26	25	25	25	25	24	24	24	24	23	23	23	23	23	22
22	28	27	27	27	27	26	26	26	26	25	25	25	25	25	24	24	24	24	23	23
22.5	29	28	28	28	28	27	27	27	27	26	26	26	26	25	25	25	25	24	24	24
23	29	29	29	29	28	28	28	28	27	27	27	27	26	26	26	26	26	25	25	25
23.5	30	30	30	29	29	29	29	28	28	28	28	27	27	27	27	27	26	26	26	26
24	31	31	30	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27	26
24.5	32	31	31	31	31	30	30	30	30	29	29	29	29	29	28	28	28	28	27	27

*Circumference value = abdomen circumference – neck circumference (in inches)

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**TABLE 2
PERCENT BODY FAT ESTIMATION MEN (CONT'D)**

Circumference Value*	Height (inches)																			
	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5	78	78.5	79	79.5
15	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
15.5	10	10	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16.5	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9
17	13	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9
17.5	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11
18	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12
18.5	17	16	16	16	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13
19	18	17	17	17	17	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14
19.5	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16	15	15	15	15	15
20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16
20.5	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16
21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17
21.5	22	22	22	21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18
22	23	23	23	22	22	22	22	22	21	21	21	21	20	20	20	20	20	20	19	19
22.5	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21	21	20	20	20
23	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21
23.5	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22
24	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22
24.5	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23
25	28	28	27	27	27	27	27	26	26	26	26	25	25	25	25	25	24	24	24	24
25.5	29	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25	25	25	25	25
26	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25
26.5	30	30	30	29	29	29	29	28	28	28	28	28	28	27	27	27	27	26	26	26
27	31	30	30	30	30	30	29	29	29	29	29	29	28	28	28	28	27	27	27	27
27.5	31	31	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27
28	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29	29	29	29	28	28

*Circumference value = abdomen circumference - neck circumference (in inches)

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**TABLE 3
PERCENT BODY FAT ESTIMATION FOR WOMEN**

Circumference Value*	Height (Inches)																			
	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5
50.5	27	27	27	26	26	26	25	25	25	24	24	23	23	23	23	22	22	22	21	21
51	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22	22	22
51.5	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22
52	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23
52.5	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24
53	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24
53.5	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25
54	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26
54.5	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26
55	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27
55.5	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28
56	35	34	34	34	33	33	33	32	32	31	31	31	30	30	30	30	29	29	29	28
56.5	35	35	35	34	34	34	33	33	32	32	32	31	31	31	30	30	30	29	29	29
57	36	36	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29
57.5	37	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30
58	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31
58.5	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31
59	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32
59.5	39	39	38	38	38	37	37	36	36	36	35	35	35	34	34	34	33	33	33	33
60	40	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33
60.5	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34
61	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34
61.5	41	41	41	40	40	40	39	39	38	38	38	37	37	37	36	36	36	36	35	35
62	42	42	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35
62.5	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	39	39	38	38	38	37	37	37	36	36
63	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	40	39	39	39	38	38	38	37	37	37
63.5	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	40	40	39	39	39	38	38	38	37	37
64	>42	>42	>41	>41	>40	>40	>40	>39	>39	>39	41	40	40	40	39	39	39	38	38	38

*Circumference value = abdomen circumference - neck circumference (in inches)

**TABLE 3
PERCENT BODY FAT ESTIMATION FOR WOMEN (CONT'D)**

Circumference Value*	Height (inches)																			
	68	68.5	69	69.5	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5
56	28	28	27	27	27	26	26	26	25	25	25	25	24	24	24	23	23	23	23	22
56.5	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24	23	23
57	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24
57.5	30	29	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	25	24
58	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25	25	25
58.5	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25
59	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26
59.5	32	32	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27
60	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28	28	28	28	27
60.5	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28	28	28
61	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28
61.5	35	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29
62	35	35	35	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30	30	30
62.5	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30
63	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31	31	31
63.5	37	37	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32	32	31
64	37	37	37	36	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32
64.5	38	38	37	37	37	36	36	36	36	35	35	35	34	34	34	33	33	33	33	32
65	38	38	38	38	37	37	37	36	36	36	35	35	35	35	34	34	34	33	33	33
65.5	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35	34	34	34	33
66	40	39	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35	34	34
66.5	40	40	39	39	39	39	38	38	38	37	37	37	37	36	36	36	35	35	35	35
67	41	40	40	40	39	39	39	39	38	38	38	37	37	37	36	36	36	36	35	35
67.5	41	41	41	40	40	40	39	39	39	38	38	38	38	37	37	37	36	36	36	36
68	42	41	41	41	40	40	40	40	39	39	39	38	38	38	38	37	37	37	36	36
68.5	42	42	42	41	41	41	40	40	40	39	39	39	39	38	38	38	37	37	37	37
69	43	42	42	42	41	41	41	41	40	40	40	39	39	39	39	38	38	38	37	37
69.5	43	43	43	42	42	42	41	41	41	41	40	40	40	39	39	39	39	38	38	38

* Circumference value = natural waist + hip - neck circumference (in inches)