

Name \_\_\_\_\_

Date \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Body Mass Index (BMI) \_\_\_\_\_

## Circumference Measurement

Site	Measurement 1	Measurement 2
Neck		
Chest		
Waist		
Hips		
Thighs		
Calves		
Biceps		

Waist-to-Hip Ratio \_\_\_\_\_

## Skinfold Measurement

Site	Measurement 1	Measurement 2
Biceps		
Triceps		
Iliac Crest		
Subscapular		
<b>Total</b>		

To determine body fat percentage, use the Durin-Wormsley conversion chart located in your *NASM Essentials of Personal Fitness Training* textbook.

Body Fat % \_\_\_\_\_