

BODY COMPOSITION ASSESSMENT

	START	3 WEEKS	6 WEEKS	9 WEEKS	12 WEEKS	15 WEEKS	18 WEEKS	21 WEEKS			24 WEEKS	27 WEEKS	30 WEEKS	33 WEEKS	36 WEEKS	39 WEEKS	42 WEEKS	45 WEEKS	48 WEEKS	52 WEEKS	
Body Weight																					
Body Mass Index																					
Body Fat Percentage (using one or more of the following methods: bioelectrical impedance scale, Bod Pod, body scan, caliper technique)																					
Method 1																					
Method 2																					

Body Circumference Measurements

Upper Arm (circumference)																					
1. Right																					
2. Left																					
Upper Thigh (circumference)																					
3. Right																					
4. Left																					
Mid-thigh (circumference)																					
5. Right																					
6. Left																					
7. Chest (at nipple line)																					
8. Neck (middle)																					
9. Hips (around highest peak of buttocks when standing with heels together)																					
10. Waist (at belly button)																					
11. Waist (at smallest point)																					
Total body measurement (1-11)																					

Form 4: Body Composition Assessment