

## How to Calculate Body Mass Index (BMI):

BMI is the best indication of health, much more informative than just total weight. Indicates the amount of fat in proportion to the net weight of the body. To calculate your BMI complete the form:

Date: \_\_\_\_\_ Height: \_\_\_\_\_ cm Weight: \_\_\_\_\_ Kg Age: \_\_\_\_\_ years

Measure with caliper the following areas:

Triceps: \_\_\_\_\_ mm (Tr)



Belly: \_\_\_\_\_ mm (B)



Side: \_\_\_\_\_ mm (S)

Thigh: \_\_\_\_\_ mm (T)



Sum: \_\_\_\_\_ mm (Sum = Tr + B + S + Th)

### Calculations For Women:

$$\% \text{ Fat } (\%F): \frac{\text{Sum}}{0.29669} - \frac{\text{Sum}^2}{0.00043} + \frac{\text{Age}}{0.02963} + 1.4072 = \text{_____} \%$$

### Calculations For Men:

$$\% \text{ Fat } (\%F): \frac{\text{Sum}}{0.29288} - \frac{\text{Sum}^2}{0.0005} + \frac{\text{Age}}{0.1585} - 5.7638 = \text{_____} \%$$

### Calculations:

Body Fat (BF): \_\_\_\_\_ Kg      Lean Mass (LM): \_\_\_\_\_ Kg      **BMI:** \_\_\_\_\_ %

$\%F \times \text{Weight} / 100$                        $\text{Weight} - \text{BF}$                        $100 \times \text{BF} / \text{LM}$