

Body Fat Formula For Women

Factor 1 (Total body weight x .732) + 8.987 = _____

Factor 2 Wrist measurement (at fullest point) / 3.140 = _____

Factor 3 Waist measurement (at naval) x 0.157 = _____

Factor 4 Hip measurement (at fullest point) x 0.249 = _____

Factor 5 Forearm measurement (at fullest point) x 0.434 = _____

Lean Body Mass: Factor 1 + Factor 2 – Factor 3 – Factor 4 + Factor 5 = _____

Body Fat Weight Total body weight – Lean Body Mass = _____

Body Fat Percentage (Body Fat Weight x 100) / total body weight = _____

Body Fat Formula For Men

Factor 1 (Total body weight x 1.082) + 94.42 = _____

Factor 2 Waist measurement (at naval) x 4.15 = _____

Lean Body Mass Factor 1 – Factor 2 = _____

Body Fat Weight Total body weight – Lean Body Mass = _____

Body Fat Percentage (Body Fat Weight x 100) / total body weight = _____

Note: The best time to use this formula is in the morning. Your body weight and waist measurements are the most accurate just after you wake up from 7-8 hours of sleep.

The formula above will not calculate your exact body fat percentage. The most accurate way is to have a fitness professional use a caliper or under water method. This formula will give you a consistent measurement you can use as a guideline to determine if you are losing body fat and/or muscle.

What you measure and track you can improve. Record your inch measurements for shoulders, chest, waist, hips and thigh to confirm improvement.