

Please enter the following information:

Name of participant _____ Date of measurement: ____/____/____

Name of health/fitness professional taking the measurements (please print): _____

Certifications/degrees/qualifications: _____

Enter measurements in the appropriate spaces, below (all taken on the left side of the body):

Body Composition via Skinfolds

Male

Female

Tricep		Vertical fold over the belly of the triceps, halfway between the acromion and the olecranon processes.		Tricep
Abdominal		Vertical fold one inch to the right of the umbilicus.		Abdominal
Suprailiac		Diagonal fold just above the iliac crest; slightly anterior to the middle of the side.		Suprailiac
Thigh		Vertical fold at the middle and front thigh, halfway between the greater trochanter and patella. (Measure with weight shifted to left foot.)		Thigh
Chest		Diagonal fold on the lateral border of the pectoralis major muscle, halfway between the nipple and shoulder crease.		Chest
Subscapular		Diagonal fold just under the bottom angle of the scapula, halfway between the spine and side of the body.		Subscapular
Midaxillary		Vertical fold at the middle of the side, on a line bisecting the armpit and hip at the level of the xiphoid process.		Midaxillary
Sum of 7 _____			_____ Sum of 7	

Comments: _____

Signature of person taking the measurements: _____