

# Body Fat Chart

## Patient Information

Name:

Date of Birth:

Age:

Gender:

Height (cm):

Weight (kg):

## Health Information

Medical Conditions/Medications:

Allergies:

BMI:

## Body Fat Percentage Monitoring

Date	Body Fat Percentage	Description

Remarks:

**Percent Body Fat Norms for Men and Women**

<b>Description</b>	<b>Women</b>	<b>Men</b>
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-24%
Obesity	>32%	>25%

**Reference:** American Council on Exercise. (n.d.). ACE fit | Percent body fat calculator. ACE | Health and Fitness Education, Research, Career Support.

<https://www.acefitness.org/resources/everyone/tools-calculators/percent-body-fat-calculator/>

**Doctor's Signature:** \_\_\_\_\_

**Doctor's Name:**

**Date:**