

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

Description	Women	Men
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: