Do you know your **body composition?**

Recommended Body Fat Ranges (%)

GENDER	AGE	Low	Normal	High	Very High
female	20 to 39	< 21.0	21.0 – 32.9	33.0 – 38.9	> or = 39.0
	40 to 59	< 23.0	23.0 – 33.9	34.0 – 39.9	> or = 40.0
	60 to 79	< 24.0	24.0 – 35.9	36.0 – 41.9	> or = 42.0
male	20 to 39	< 8.0	8.0 – 19.9	20.0 – 24.9	> or = 25.0
	40 to 59	< 11.0	11.0 – 21.9	22.0 – 27.9	> or = 28.0
	60 to 79	< 13.0	13.0 – 24.9	25.0 – 29.9	> or = 30.0

Recommended Body Mass Index (BMI)

Underweight	Healthy	Overweight (or lean athletes)	Obese
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9

Disclaimer: This analysis is provided for educational purposes and is not intended to replace the advice of your primary care physician (PCP) or other health care providers. Only medical professionals who examine you can give you medical advice or diagnose medical problems. You should discuss your body composition numbers with your PCP and begin diet and/or exercise modification only after consulting with your PCP.

USE THIS TRACKER to record your current numbers and monitor progress.

Name: _____

Height:_____ Age:_____

DATE/TIME	Weight	Body Fat	Body Mass Index (BMI)
January 1 at 8 a.m.	140	25.5%	21.7

Western Health Advantage