

# Anthropometrics Laboratory

Name: \_\_\_\_\_

Gender: M F

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ (YY.MM Example: 46y,8m = 46.08)

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist Circumference: \_\_\_\_\_

BMI: \_\_\_\_\_ WHtR: \_\_\_\_\_ Health Risk Category: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name: \_\_\_\_\_

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Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist Circumference: \_\_\_\_\_

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Recommendations: \_\_\_\_\_

Name: \_\_\_\_\_

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Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist Circumference: \_\_\_\_\_

BMI: \_\_\_\_\_ WHtR: \_\_\_\_\_ Health Risk Category: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Height		Body Mass Index																	
		Underweight		Healthy Weight					Overweight					Obese - Class 1					2
Ft	In	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	40
6	4	156	164	172	180	189	197	205	213	221	230	238	246	254	262	270	278	287	328
6	3	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	319
6	2	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	311
6	1	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	302
6	0	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	294
5	11	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	286
5	10	132	139	146	153	160	167	174	181	188	195	202	207	216	222	229	236	243	278
5	9	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	270
5	8	125	131	138	144	151	158	164	171	177	184	190	197	203	210	217	223	230	262
5	7	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	255
5	6	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	247
5	5	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	240
5	4	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	232
5	3	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	225
5	2	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	218
5	1	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	211
5	0	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	204
4	11	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	198
4	10	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	191
Ft	In	Weight in Pounds																	

### Waist:Height Ratio

WHtR	Underweight	Healthy Weight	Overweight	Obese
Male	- 0.42	0.43 - - - - - 0.52	0.53 - - - - - 0.62	0.63 +
Female	- 0.41	0.42 - - - - - 0.48	0.49 - - - - - 0.57	0.58 +

### Weight-Related Health Risk

BMI	WHR		Category	Risk Level
	M	F		
≤ 20	≤ .42	≤ .41	Underweight	Possible Health Risks
21-25	≤ .52	≤ .48	Healthy Weight	Low Health Risk
26-29	≤ .62	≤ .57	Overweight	Increased Health Risks
30-34	≥ .63	≥ .58	Obese – Class 1	Moderate Health Risks
35-39	≥ .63	≥ .58	Obese – Class 2	Severe Health Risks
≥ 40	≥ .63	≥ .58	Obese – Class 3	Extreme Health Risks