

Unit:		Date:	
Name & Rank:		EDIPI:	Age:
Height:	Waist:	Max Waist:	Current WHtR:

Uniform: Official green on green PT gear. Socks. Shoes removed prior to evaluation.

Allowance: 250/250 PFT/CFT rate an extra 1% bf. 285/285 PFT/CFT cannot exceed 26% bf for males and 36% bf for females.

I understand I may choose to be evaluated by either the circumference measurement (taping) method and/or by the InBody 770 Bioelectrical Impedance Analysis (BIA) Device to determine my Body Fat estimate.

Marine's Signature _____

Date: _____

Circumference Measurement (Taping)

First Evaluator

Second Evaluator

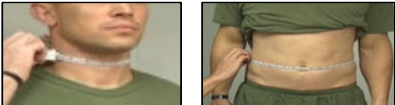

1st Measurement		2nd Measurement		3d Measurement	
Neck:		Neck:		Neck:	
Waist/ Abdomen:		Waist/ Abdomen:		Waist/ Abdomen:	
Hips:		Hips:		Hips:	
CV:		CV:		CV:	
BF%:		BF%:		BF%:	

1st Measurement		2nd Measurement		3d Measurement	
Neck:		Neck:		Neck:	
Waist/ Abdomen:		Waist/ Abdomen:		Waist/ Abdomen:	
Hips:		Hips:		Hips:	
CV:		CV:		CV:	
BF%:		BF%:		BF%:	

Within BF% standards? Yes No (Circle one)

Evaluator's Rank & Name: _____

Evaluator's Rank & Name: _____

<p>Male Marines Neck - Abdomen = Circumference Value (CV)</p>  <p>Age 17 - 25 (Male) 18.9% BF Age 26 - 35 (Male) 19.9% BF Age 36 - 45 (Male) 20.9% BF Age 46+ (Male) 21.9% BF</p>	<p>Female Marines Waist + Hips - Neck = Circumference Value (CV)</p>  <p>Age 17 - 25 (Female) 27.9% BF Age 26 - 35 (Female) 28.9% BF Age 36 - 45 (Female) 29.9% BF Age 46+ (Female) 30.9% BF</p>
Body Fat % can be derived by locating the number at the intersection of re-height measurement and Circumference Value (CV) on the BFE tables of the MCO. Decimal values are only applicable for BIA assessments.	

Bioelectrical Impedance Analysis (BIA)

BIA BF%: _____ **Within BF% standards?** Yes No (Circle one)

PFT/CFT: _____ / _____ Rate an allowance? Yes No (circle one)

(If BOTH evaluations are "no", and Marine surpasses allowance (PFT/CFT), begin process for assignment to BCP (NAVMC 11621).)

I understand I do not meet the established Marine Corps Body Composition standards and will begin the process for assignment to the Body Composition Program.

Marine's Signature: _____

Date: _____

FFI/CPTR Verifier Name and Rank: _____

Signature: _____