MARINE CORPS BODY COMPOSITION WORKSHEET

Ref: MCO 6110 3 w/CH-1 and ADMIN CH dtd 16 APR 19 Date:

Waist / Abdomen: Waist	RCI. IVIC	.O 0110.5 v	Well I and Abivilia ell	did 10 711	IC 17					Dute.			
Marine Corps approved green-on green T-shirt, shorts and socks. No other uniform or clothing garment is permitted. Shoes will be removed prior to evaluation. Rank & Name: Age: EDIPI: Height: Measure with shoes off Measure wi			Height and Wei	ght Meas	urement	S	Circumference Measurements						
Continue garment is permitted. Shoes will be removed prior to evaluation. Waist / Abdomen: Waist / Abd	Uniform.	The only a	authorized uniform for th	e weigh-in	and BCE (if necessary) is the	1st Evaluator						
Continue garment is permitted. Shoes will be removed prior to evaluation. Waist / Abdomen: Waist / Abd	Marine Corps approved green-on green T-shirt, shorts and socks. No other uniform or						1st Measurer	ment	2nd Measur	rement	3rd Measur	ement	
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Re-Height:	Height:			Weight:		=	Circumference		Circumference		Circumference		
Height: (if Marine exceeds weight) Max Weight PFT CFT CFT Date: Score: Date: PFT and CFT 285 or higher? Yes No PFT and CFT 285 or higher? Yes No Allow additional (1) percent BP% If height fraction is less than 1/2-inch, round down to the nearest inch. If height fraction is less than 1/2-inch, round down to the nearest inch. If height fraction is less than 1/2-inch for use in BP% percentage estimation. * Measurement will be recorded to the nearest 1/2-inch for use in BP% percentage estimation. * Measurement will be recorded to the nearest pound. If the weight fraction is 1/2-pound or less, round down to the nearest 1/2-inch and record. * Marines who score 285 and higher on both the PFT and CFT are exempt from weight and body fat limits. Marines who score 250 and higher on both the PFT and CFT are allowed an additional (1) percent body fat. * Male Marines. Measurements, round down to the nearest 1/2-inch and record. * Female Marines. Measurements, round down to the nearest 1/2-inch and record. * Female Marines. Measurements, round down to the nearest 1/2-inch and record. * Female Marines. Measurements, round down to the nearest 1/2-inch and record. * Female Marines, Measurements, round down to the nearest 1/2-inch and record. * Female Marines. Measurements, round down to the nearest 1/2-inch and record. * Female Marines, Measurements, round down to the nearest 1/2-inch and record. * Female Marines, Measurements, round down to the nearest 1/2-inch and record. * Female Marines, Measurements, round down to the nearest 1/2-inch and record. * Female Marines, Measurements, round down to the nearest 1/2-inch and record. * Male Taping Procedures * Male Taping Procedures * Male Marines, Abdominal - Neck = Circumference Value * Female Marines, Abdominal - Neck = Circumference Value * Female Marines, Abdominal - Neck = Circumference Value * Male Marines, Abdominal - Hips - Neck = Circumference Value * Male Marines, Abdominal - Hips - Neck = Circumference Value * Male Marines	Re-		2nd Height										
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