



MARINE CORPS BODY COMPOSITION WORKSHEET

Ref: MCO 6110.3 w/CH-1 and ADMIN CH dtd 16 APR 19

Date: _____

Height and Weight Measurements					Circumference Measurements					
Uniform. The only authorized uniform for the weigh-in and BCE (if necessary) is the 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.					1st Evaluator					
					1st Measurement		2nd Measurement		3rd Measurement	
Rank & Name:					Waist / Abdomen:		Waist / Abdomen:		Waist / Abdomen:	
Age:		EDIPI:			(+) Hips:		(+) Hips:		(+) Hips:	
Height:		Measure with shoes off	Weight:	After deducting 1 lb.	(-) Neck:		(-) Neck:		(-) Neck:	
Re-Height:		2nd Height (if Marine exceeds weight)		Max Weight	Circumference Value:		Circumference Value:		Circumference Value:	
PFT Score:		PFT Date:		CFT Score:		CFT Date:		Body Fat %:		Body Fat %:
PFT and CFT 285 or higher?					Yes	No	BF% Exempt			
PFT and CFT 250 to 284?					Yes	No	Allow additional (1) percent BF%			
* If height fraction is less than 1/2-inch, round down to the nearest inch. If height fraction is 1/2-inch or more, round up. If Marine exceeds weight on Ht/Wt tables, height will be re-measured and recorded to the nearest 1/2-inch for use in BF% 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 pound. If more than 1/2-pound, round up.										
* 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. For neck measurements, round up to the nearest 1/2-inch and record. For abdominal measurements, round down to the nearest 1/2-inch and record.										
* Female Marines. Measurements for female Marines will be performed by female evaluators, only. For natural waist measurement, round down to the nearest 1/2-inch and record. For hip measurement, round down to the nearest 1/2-inch and record.										
Verified By					Verifier's					
FFI / CPTR:					Signature:					
Within standards (circle one): YES / NO					SNM received Ht/Wt copy: YES / NO					
Marine's Signature:					Evaluator's Rank and Name:					
					2nd Evaluator					
1st Measurement		2nd Measurement		3rd Measurement						
Waist / Abdomen:		Waist / Abdomen:		Waist / Abdomen:		Waist / Abdomen:		Waist / Abdomen:		
(+) Hips:		(+) Hips:		(+) Hips:		(+) Hips:		(+) Hips:		
(-) Neck:		(-) Neck:		(-) Neck:		(-) Neck:		(-) Neck:		
Circumference Value:		Circumference Value:		Circumference Value:		Circumference Value:		Circumference Value:		
Body Fat %:		Body Fat %:		Body Fat %:		Body Fat %:		Body Fat %:		
Evaluator's Rank and Name:										
Male Taping Procedures					Female Taping Procedures					
										
* Measurements for female Marines will be taken along the neck similar to males.										
* For Male Marines. Abdominal - Neck = Circumference Value										
* Female Marines. Abdominal + Hips - Neck = Circumference Value										
* Male and Female body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.										