

Record of Semi-Annual Weigh-In

DATE: _____

EMPLID: _____ NAME: _____ AGE: _____

BLOCK 1: All members, initial screening, no shoes

Height Round up to nearest whole number	inches
MAX Allowable weight per BMI table	pounds
Weight Round down to nearest whole number	pounds

- ✓ ODU w/ blouse – subtract 4.0 lbs.
- ✓ Tropical Blue or organizational clothing– subtract 3 lbs.
- ✓ T-shirt and trousers or sweatpants - subtract 2 lbs.
- ✓ T-shirt and gym shorts - subtract 1 lb.

HEIGHT	WEIGHT
58	131
59	136
60	141
61	145
62	150
63	155
64	160
65	165
66	170
67	175
68	180
69	186
70	191
71	197
72	202
73	208
74	214
75	220
76	225
77	231
78	237
79	244
80	250

BLOCK 2: Body fat determination (if needed)

AGE	MAXIMUM BODY FAT		Enter MAX body fat %
	MEN	WOMEN	
LESS THAN 30	22%	32%	
LESS THAN 40	24%	34%	
40 and above	26%	36%	
Enter Circumference Value as determined below			inches
Enter Body fat from CIM 1020.8H enclosure (2)			%

Compliant? Y ___ N ___

Circumference Value determination:

	Waist Round down to nearest half-inch. Measure over the bellybutton for males, smallest point for females.	+ Buttocks (females only, use 0 for males) Round down to nearest half-inch. Measure the widest point when viewed from side.	- Neck Round up to nearest half-inch, measure below larynx	= Total
Set 1		+	-	=
Set 2		+	-	=
Set 3		+	-	=

Compare the three totals. Is any difference greater than 1.0?

Set 1 total _____ - Set 2 total _____ = _____
 Set 2 total _____ - Set 3 total _____ = _____
 Set 3 total _____ - Set 1 total _____ = _____

} Are any of these differences greater than 1.0?

	<p>No. All totals are within 1.0 inches of each other. Enter lowest total of the three sets as the Circumference Value for block 2.</p>
	<p>Yes. Complete an additional set of measurements and then calculate an average circumference value using only the three closest set totals.</p> <p>Set 4: Waist _____ + Buttocks (females) _____ - Neck _____ = Total _____</p> <p>Add the three closest totals from sets 1-4 together then divide by three to find an average. Round the average down to the nearest 0.5:</p> <p>(_____ + _____ + _____) ÷ 3 = _____ circumference value to enter in block 2</p>

I agree that the above measurements are accurate (print and sign):

Member: _____

Cmdr Cadre &/or Witness: _____

Witness &/or entered by: _____