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**ALLOWABLE WEIGHT STANDARDS  
FOR  
COAST GUARD MILITARY PERSONNEL**

**COMDTINST M1020.8D**





Commandant  
United States Coast Guard

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COMDTINST M1020.8D

COMMANDANT INSTRUCTION M1020.8D

Subj: ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL

- Ref: (a) Health Promotions Manual, COMDTINST M6200.1 (series)  
(b) Preparation and Submission of Administrative Remarks (CG-3307),  
COMDTINST 1000.14 (series)  
(c) Weight Management Self-Help Guide, COMDTPUB P6200.3

- PURPOSE. This Instruction establishes allowable weight standards for all Coast Guard military personnel, officer and enlisted, active and reserve, and Public Health Service officers detailed to the Coast Guard.
- ACTION. Area and district commanders, commanders of maintenance and logistics commands, commanding officers of headquarters units, assistant commandants for directorates, Chief Counsel, and special staff offices at Headquarters shall ensure compliance with the provisions of this Instruction. No paper distribution will be made of this Instruction. Official distribution will be via the DOT website <http://isddc.dot.gov> and the Coast Guard Directives System CD. An electronic version will also be made available via the Commandant (G-WPM-1) website ([www.uscg.mil/hq/g-w/g-wp/g-wpm/WPM-1.htm](http://www.uscg.mil/hq/g-w/g-wp/g-wpm/WPM-1.htm)). Further distribution via the Internet is authorized.
- DIRECTIVES AFFECTED. Allowable Weight Standards for the Health and Well-Being of Coast Guard Military Personnel, COMDTINST M1020.8C is cancelled.
- SUMMARY. This directive updates standards, incorporating policy changes that have been announced previously via ALDIST and ALCOAST to the field. These include the limitation on the allowable length of probationary periods, restrictions on attending resident training and effecting a PCS, and waivers for pregnancy. Commanding officers are also given greater discretion in application of the policy.
- FORMS AVAILABILITY: CG Form 3307, Administrative Remarks, is available in "Jetform" on standard Workstation III.

J. L. Hayes

DISTRIBUTION – SDL No. 139

	a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z
A	1	1	1		1	1	1	1	1	1		1	1	1	1	1	1		1		1					
B		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
C	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1		1	1	1	1	1	1	1	1	1
D	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
E	1	1	1	1				1				1	1	1				1	1			1	1			
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G	1	1	1	1	1																					
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NON-STANDARD DISTRIBUTION: None



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# 1. Discussion

## 1.A. Definitions

1. **Body Fat Percentage.** A determination of the percent a person's body that is fat, based upon certain measurements.
2. **Commanding Officer.** For the purpose of this instruction, this term shall include Commanders, Commanding Officers, and Officers in Charge.
3. **Healthy Weight Loss.** Weight loss should be at a rate of 0.5 – 1.0 pound per week. Weight loss exceeding this rate or rapid weight loss may be indicative of unhealthy dieting behavior versus achievement of healthy eating and living. Decreasing food (calorie) intake alone, without exercise, is known to result in weight loss with returned weight when original eating habits are resumed.
4. **Maximum Allowable Weight (MAW).** Maximum weight permitted for a member based upon height, frame size and gender. If this weight is exceeded, the member is referred for a percent body fat determination. Ordinarily, the MAW is well above ideal or healthy weight norms (☞ Appendix B), and members should strive to attain and maintain a body weight below their MAW.
5. **Maximum Percent Body Fat.** Maximum body fat permitted for a member based upon gender and age (See ☞ Enclosures (1) and (2) for maximum body fat allowed). Procedures for determining body fat are found in ☞ Appendix A.
6. **Overfat.** Overweight member who also exceeds his or her maximum percent body fat.
7. **Overweight.** For the purposes of this Instruction, overweight refers to a member who exceeds the MAW. This could be a result of muscle mass or excess fat.
8. **Recommended Healthy Weight (RHW).** "Ideal" body weights for adults. Along with **Body Mass Index (BMI)**, the RHW can be used as a guide when striving to maintain a healthy lifestyle. Information on these concepts is found in ☞ Appendix B.
9. **Screening Maximum Allowable Weight.** (Screening Weight). A screening weight is given to a member who exceeds his or her MAW but has been determined to be within his or her maximum percent body fat. It assumes that as long as the member's weight remains below his or her screening weight, he or she is still within maximum percent body fat. This removes the need to recalculate body fat each time he or she is found to exceed MAW.

## **1.B. Weight Program**

1. The Coast Guard weight program, instituted in 1985, is intended to contribute to the fitness for duty and appearance of its members. Health and well-being contribute to our organization's readiness and morale. Maintaining an appropriate level of body fat, achieved by exercise and eating right, is one of the keys to good health. To meet our operational challenges and as a part of the Uniformed Services, all members must be fit for duty and appear so in uniform. Their appearance must reflect credit on themselves, the Coast Guard, and our country.
2. There are six dimensions of health/wellness. These are physical, emotional, intellectual, spiritual, interpersonal and social, and environmental. Being healthy involves more than having a "healthy weight". It involves eating well, exercising regularly, avoiding harmful habits like tobacco use and excessive alcohol use, and getting regular dental and medical exams as well as having a "healthy body weight".
3. A successful weight program depends on both an individual member's lifestyle choices and the amount of support put forth by supervisors to ensure their personnel are within standards. Supervisors are expected to take a proactive approach in helping personnel to remain within their maximum allowable weight. The requirements contained in this instruction do not preclude a supervisor from encouraging subordinates to voluntarily conduct additional weigh-ins outside of the provision of this instruction in order to monitor their weight and prevent the possibility of being placed in a probationary situation.
4. The percentage of body fat is of concern because individuals who have excessive body fat run an increased risk of illness and death from heart disease, cancer, diabetes, digestive diseases, and blood vessel diseases.

## **1.C. Commanding Officer's Responsibility**

This Instruction reinforces and supports the commanding officer's responsibility for taking appropriate action toward maintaining the appearance and good health of members while recognizing the member's responsibility for maintaining and presenting his or her best appearance.

## **1.D. Maximum Allowable Weight**

1. The term "maximum allowable weight" as used, is not a person's ideal weight from either a health or appearance viewpoint. Rather, it is the maximum amount a member may weigh before they must be referred for a body fat determination. The term "maximum percent body fat" as used here is the highest body fat an overweight member can have, and remain in the Service.
2. The Coast Guard standards for men versus women, while different in absolute terms, are compatible. The percentage of body fat is higher in women, with 10 percent the generally accepted difference; our standards reflect this difference.

### **1.E. Recommended Healthy Weight and Body Mass Index**

The Service encourages all members to follow a healthy life-style and strive to maintain a healthy body weight. This value is based upon a variety of factors and is unique for each individual. However, based upon research, methods have been developed which can be used to determine a target range of weights to strive for. Two examples of methods to determine this are the "recommended healthy weight" and Body Mass Index. Information on both of these concepts can be found in [☞](#) Appendix B. In addition, the [☞](#) Weight Management Self-Help Guide, COMDTPUB P6200.3, provides nutrition and related weight control guidance. Members and Commands are also encouraged to seek guidance from the appropriate health care professionals when they have questions about healthy living and/or weight loss.

### **1.F. Unacceptable Military Appearance**

A member may meet MAW or body fat standards and still not present an acceptable military appearance. These members shall be counseled and provided with recommendations for improving their appearance. Poor military appearance may result from improper uniform tailoring, poor posture, or a lack of compliance with the uniform regulations. Members within the MAW standards, but who still present an unacceptable military appearance will continue to be dealt with through proper leadership, appraisal systems or, in extreme cases, administrative separation.



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## **2. Policy**

### **2.A. Determining Frame Size and Maximum Allowable Weight**

One basic tenet of the Coast Guard weight program is that weight standards are based on the individual's height and skeletal build (frame size), the latter determined by measuring the wrist. Since wrist size and height do not change appreciably over time, wrist size and height generally need to be determined once at the beginning of an individual's career. The Service will use this measurement as the basis for future weight screenings. If the individual screens as overweight, his or her height and wrist measurements may be verified. See enclosure (1) for proper technique to measure wrist size and height and determine frame size and MAW.

### **2.B. Weight Screening**

All military personnel shall be screened against the maximum allowable weight standards (☞ Enclosure (1)) at least annually, and prior to the actions listed below. They may also be screened as necessary at the commanding officer's discretion.

1. Advancement or promotion. (Enlisted members may compete for advancement if their commanding officer recommends them, however, advancement may not occur until they meet weight standards) See ☞ Personnel Manual, COMDTINST M1000.6 (series), Articles 5.A.13.f., 5.B.6.b., and 5.C.25.c. for information on withholding advancement or promotion.
2. Execution of permanent change of station (PCS) orders. If a member exceeds MAW and maximum body fat, the command shall consult with CGPC. The member may still PCS while on probation. However, the determination will be made by CGPC.
3. Assignment to command positions both ashore and afloat.
4. Assignment to resident training, including Class "A" School (☞ Section 2.K), advanced training, including Class "C" School, postgraduate training, or flight training.
5. Assignment of reservists to long-term active duty (EAD, ADSW-AC, ADSW-RC) other than to fulfill their annual training requirement.
6. Payment of bonus installments. If the member is ultimately discharged because of failure to comply with this Instruction, all unearned payments will be recouped upon separation.
7. Selection to high visibility assignments (White House, House, Senate, and Congressional staff, liaison assignment to other agencies, Command Master Chief, Career Development Advisor, high visibility public affairs staff positions, instructor duty, recruiting duty, etc.).

Personnel determined to exceed their MAW will be measured against the body fat standards (☞ Enclosure (1)) to determine if they exceed their maximum percent body fat. If a member is not in compliance, he or she will be placed on probation or separated per the requirements of ☞ Chapter 3. Furthermore, their Commanding Officer shall consult with CGPC for final determination on whether the above actions will be carried out.

## **2.C. Probation**

Unless granted an exemption under Chapter 4, overweight members who also exceed their maximum body fat percentage (overfat) will be placed in a probationary period to allow them to come within their maximum allowable weight or maximum percent body fat. However, members who are overweight and overfat to such an extent that they would be placed in a probationary period of 36 weeks or more (☞ Article 3.C.2.), will be processed for separation in accordance with Section 2.D. in lieu of being placed on probation. For those members who are placed on probation, following notification and acknowledgment that the member exceeds the MAW and maximum percent body fat, the actions in ☞ Section 2.B. may be withheld, dependent upon the outcome of consultation with CGPC.

## **2.D. Exceeding Standards at the End of Probation**

Unless granted an exemption under the provisions of ☞ Chapter 4, members who exceed the maximum allowable weight and maximum percent body fat at the end of their probationary period, or those whose probationary period is 36 weeks or more shall be processed as follows:

1. All active duty members and members of the Selected Reserve will be processed for separation from the Coast Guard in accordance with ☞ Sections 3.G. and 3.H.
2. Public Health Service officers shall be returned to the Department of Health and Human Services in accordance with ☞ Sections 3.G.

## **2.E. Accession Standards**

Upon initial entry into the Service, the Coast Guard makes a considerable investment in each of its members. If a new accession is already close to his or her MAW or maximum percent body fat, there is an increased possibility that at some point early in his or her career that he or she will exceed that MAW and subsequently be separated. To reduce this possibility, we use accession weight standards.

1. Enclosure (2) provides Coast Guard Academy, Direct Commission Officer, Officer Candidate School, and Recruit accession weight standards for those admitted from civilian life.
2. Other applicants, including Reservists entering active duty, enlisted personnel entering the Academy or OCS, and personnel lateralling from another Service must meet the current MAW and body fat standards as provided in enclosure (1).
3. Those members reentering the Coast Guard under the Temporary Separation policy (☞ Personnel Manual, COMDTINST M1000.6 (series), Article 12.F.), who have not affiliated with the Coast Guard Reserve, must meet the MAW and body fat standards that existed at the time of their discharge. On reentering the Coast Guard, members who meet the standard they left under, but do not meet the current standards (if a change has occurred) will be provided a grace period of 12 months during which they will be held to the previous standard. At the end of the grace period, if the member does not meet the current standard, he or she will be placed on probation accordingly.

## **2.F. Commissioning Program Applicants**

The Coast Guard will not allow applicants who exceed these MAW and body fat standards to enter commissioning programs (Academy, OCS, DCO). Refer to [CGP](#) Article 2.E. for application of appropriate standards.

## **2.G. Reenlistments and Extensions**

Exceeding MAW and body fat standards shall not be the sole reason to disapprove a reenlistment or extension. Members may enter an extension or reenlist if no underlying medical condition(s) exists. However, any weight loss probationary period remains in effect and the member is still subject to separation at its conclusion. If, at the time of reenlistment or extension, a medical condition is discovered, the provisions of [CGP](#) Section 3.B. will apply. See [CGP](#) Article 2.B.6. regarding reenlistment bonuses.

## **2.H. Canceling or Delaying PCS Orders**

Exceeding MAW and body fat standards may be grounds to cancel or delay the execution of Permanent Change of Station (PCS) orders, particularly if a member's scheduled PCS departure is close to the end of his or her probation and it appears that he or she may not be in compliance by the end of the probation. Members failing to reach compliance with MAW and body fat standards by the end of a probationary period will be processed for separation. If such a situation arises, commands shall immediately consult with Commander (CGPC-epm) or (CGPC-opm), as appropriate.

## **2.I. Third Probation**

Any member who has been in two probationary weight or fat loss periods in any 365-day period will be processed for separation from the Coast Guard in lieu of being placed in a third probationary period during the same 365-day period. In these cases, requests for separation will be submitted to Commander (CGPC-epm), (CGPC-opm), or (CGPC-rpm) as appropriate.

## **2.J. Reenlisting Upon Compliance**

Active duty enlisted members discharged for exceeding the MAW or body fat standards or for appearance shortcomings, may request reenlistment to their former rate provided they comply with MAW or maximum percent body fat, meet appearance standards and have been out of the Service no more than 24 months. Commander (CGPC-epm) will evaluate requests based on Service needs and the member's past performance, including previous appearance problems. Processing for reenlistment will be accomplished at a Coast Guard recruiting office.

## 2.K. Reporting to Resident Training

The Coast Guard invests a substantial amount of time and funding to train personnel who attend class “A” and “C” schools. Thus, it is imperative that commands ensure members adhere to established weight standards before allowing them to execute orders to class “A” or “C” schools.

1. Those personnel in receipt of Class “A” School orders shall be weighed prior to transfer to the Class “A” School and the weight recorded on the member’s orders. Those members who are found to exceed the MAW and maximum percent body fat upon reporting to or during attendance at resident training shall be processed in accordance with the following procedures:
  - a. The member shall be allowed to attend the class “A” School and placed on weight probation for the duration of the school. The training center shall send a message action to the member’s previous unit, information to CGPC-epm-2 stating the member’s name, circumstances of the situation (i.e., weight probation period), and date reported. If the member fails to successfully achieve the MAW or maximum percent body fat upon completion of the class “A” School, they:
    - (1) Will be assigned a designator, however, they will not be allowed to advance to the next higher pay grade until they meet their MAW or maximum percent body fat.
    - (2) Will not receive their enlistment bonus until they meet their MAW or maximum percent body fat.
    - (3) Will be transferred to fill the appropriate petty officer billet for which the training was provided or as needs of the Service dictate.
  - b. The action denoted in paragraph 1 above may result in commands receiving members who exceed their MAW or maximum percent body fat upon completion of a class “A” School. However, this action is necessary in order to ensure the Coast Guard receives an adequate return on investment for the training and funding invested into its members. Commands who receive members that exceed their MAW or maximum percent body fat shall:
    - (1) Not advance members (to E-3 or E-4 as applicable) until they meet their MAW or maximum percent body fat.
    - (2) Not recommend payment of the enlistment bonus, if entitled, until they meet their MAW or maximum percent body fat.

- (3) Not process members for separation until they complete 2 years of obligated service for training. If members do not meet their MAW or maximum percent body fat upon completion of 2 years of obligated service for training, then the members are to be separated not later than 60 days after completion of their 2 years obligated service.
  - c. For the purposes of this instruction, graduates of a class "A" school incur a 2-year service obligation for training. Any class "A" school graduate who exceeds his or her MAW and maximum percent body fat will not be separated during that 2-year period. However, if he or she still exceeds his or her MAW and maximum percent body fat upon completion of that period, he or she will be separated not later than 60 days after completion of the 2-year obligation.
2. Commands shall weigh members who receive orders to attend a class "C" school. If a member exceeds his or her MAW and maximum percent body fat but the command considers the training to be critical, then the command shall request a waiver from CGPC. CGPC will make the final determination as to whether or not a waiver will be granted.



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### **3. Procedures**

#### **3.A. Weighing Schedule & Process**

1. All members, active and reserve, shall be weighed annually, preferably during the calendar month of the member's birthday, or more often if the commanding officer deems it necessary, and as listed in      Article 2.B. If members are not weighed during their birth month, annual weigh-ins will be at least six months apart. For instance, a member could not be weighed 31 December and 1 January to fulfill their weighing obligation for each of those two years. All Coast Guard members shall be screened against the height-weight standards of      Enclosure (1).
2. All members failing the screen using the weight standards shall be measured to determine their percentage of body fat. Members found to be above their assigned MAW but within their maximum allowable body fat will be assigned a screening weight per      Article 4.C.1.
3. Members who do not exceed their MAW but are close are highly encouraged to contact their Regional Health Promotion Manager for guidance on healthy diet, exercise and weight loss methods.

#### **3.B. Medical Referral**

1. All overweight members who exceed the maximum body fat standards shall be referred to a medical facility to receive counseling on proper nutrition and methods to reduce the excess body fat. Every effort shall be made to assist and encourage the member towards achieving ideal body weight and body fat; to determine if there is an underlying medical cause for the overweight condition, and to determine whether it is medically safe for the member to lose the excess fat. The unit commanding officer prepares the Command Medical Referral Form,      Enclosure (3). A medical officer (a physician assistant or nurse practitioner is acceptable) or contract practitioner completes the form. This form shall be filed in the member's Health Record.
2. If a physician finds an underlying medical condition and determines that weight or fat loss would not be detrimental to the member's health, that member will undergo appropriate treatment, but      Section 2.C. still applies. The physician will document his or her findings in the member's health record.
3. If the medical officer finds an underlying medical condition and determines that any weight or fat loss would be detrimental to the member's health, the commanding officer processes the member through the physical disability system, if the underlying condition is a ratable disability. If the condition is not ratable, the commanding officer processes the individual for discharge according to      Articles 3.G. and 3.H.

### 3.C. Probation to Lose Weight

- Overweight members exceeding their maximum body fat standard, except those granted an exemption per [§](#) Chapter 4, shall be placed on probation to lose their excess weight or fat. If the member's probationary period would require 36 weeks or more, refer to [§](#) Article 2.D. This probationary weight loss period shall equal the amount of time it would take the member to lose all excess weight at an average of one pound per week or one percent body fat per month, whichever is greater. For example, a member who is 30 pounds over the MAW and is five percent over the maximum percent body fat will have a 30 week probationary period to lose the excess weight or fat. On the other hand, a member who is 30 pounds over the MAW and is eight percent over the maximum allowable body fat will have eight months to lose the excess weight or fat. The alternate probationary periods are necessary to accommodate members who gain muscle mass through strength training exercises. In these cases, muscle gain may offset fat lost through diet and exercise, thus invalidating weight loss as evidence of progress. Probationary periods shall be calculated by both methods (excess weight and excess fat).

Calculating Probation Periods	
Pounds over maximum allowed	% Body Fat over maximum allowed
1 week per	1 month per

- The probationary period shall not exceed 36 weeks (Except as noted in [§](#) Paragraph 3.C.4). Members whose probationary period has been determined to be greater than 36 weeks both by weight calculations and by body fat calculations, except those granted an exemption per [§](#) Chapter 4, shall be processed for separation. If the situation exists in which one of the two calculations results in a period in excess of 36 weeks, and one less than 36 weeks, the member shall be assigned a probationary period based upon the calculated period which is less than 36 weeks.

Choosing Probation Appropriate Period		
Period based on Pounds	Period based on Body Fat	Applicable Period
Less than 36 weeks	Less than 36 weeks	Choose longer period
Less than 36 weeks	More than 36 weeks	Choose period based on pounds
More than 36 weeks	Less than 36 weeks	Choose period based on body fat
More than 36 weeks	More than 36 weeks	Separation

- During probation, members should demonstrate reasonable progress toward attaining their MAW (i.e., lose approximately half of the required weight or half the excess percentage of body fat at the midpoint of the probationary period). Failure to demonstrate such reasonable progress may provide sufficient grounds for commanding officers to proceed in accordance with [§](#) Article 3.G. provisions before the probationary period expires.

4. If a physician determines a member's medication or medical treatment or condition prevents them from losing weight at the required rate, on the physician's recommendation, the unit commanding officer is authorized to extend the probationary period by up to four additional months without Commandant approval. While the member is on probation, *CFR* Article 2.C. provisions apply.
5. The probationary weight loss period shall not commence until *after* the medical examination. Therefore, it shall be completed as expeditiously as possible, usually within three to four weeks. However, written notification and acknowledgment that the member exceeds the maximum standards shall be completed regardless of any delay. Upon being medically cleared by the physician, the member will acknowledge the Administrative Remarks (CG-3307) required in *CFR* Article 3.E, and the probationary period will start immediately.
6. Upon conclusion of an existing probation, a commanding officer may use discretion to add up to an additional four (4) weeks if he or she determines the case warrants special consideration. This may be applied only at the end of a probationary period and may not be considered when determining separation as discussed in *CFR* Article 3.C.2.

### **3.D. Administrative Remarks Entry**

In the below cases, the unit commanding officer shall prepare and distribute an Administrative Remarks (CG-3307) in accordance with *CFR* Preparation and Submission of Administrative Remarks, COMDTINST 1000.14(series). Both the command and member shall acknowledge the CG-3307 entry. In addition, a copy shall be retained in the member's Unit PDR:

1. For each officer and enlisted member who exceeds the MAW and body fat standards, but the provisions of *CFR* Article 4.A. (Other Than Fit For Duty) apply, the following Administrative Remarks (CG-3307) shall be prepared:

DATE: YOUR PROBATIONARY PERIOD THIS DATE IS HELD IN ABEYANCE PENDING YOUR RETURN TO A FIT FOR FULL DUTY STATUS. IN ACCORDANCE WITH SECTION 4.A. OF ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES), YOU ARE HEREBY NOTIFIED THAT THE DAY FOLLOWING A DETERMINATION THAT YOU ARE FIT-FOR-FULL DUTY OR A DECISION BY MEDICAL AUTHORITY TO LIFT THE ABEYANCE, YOUR PROBATIONARY PERIOD SHALL BE RESTARTED WITH THE LENGTH OF THE PROBATIONARY PERIOD BASED ON YOUR CURRENT WEIGHT WHEN FOUND FIT FOR FULL DUTY OR WHEN THE ABEYANCE IS LIFTED. IF YOU FAIL TO REACH COMPLIANCE BY THE END OF THIS NEW PROBATIONARY PERIOD, YOU WILL BE RECOMMENDED FOR SEPARATION (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (if Reservist), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (Public Health Service). FURTHERMORE, UNTIL YOU ARE IN COMPLIANCE WITH WEIGHT OR BODY FAT STANDARDS, ALL ACTIONS LISTED IN CHAPTER 2 OF ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES) MAY BE WITHHELD. BY SIGNATURE BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN AFFORDED THE OPPORTUNITY TO REVIEW ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES).

2. For each officer and enlisted member who exceeds the MAW of enclosure (1), but the provisions of  Section 4.C. (Assigning a Screening Weight) apply, prepare the below Administrative Remarks (CG-3307).

DATE: ON THIS DATE, YOU WERE WEIGHED AND YOU ARE IN COMPLIANCE WITH THE COAST GUARD WEIGHT STANDARDS. YOUR MEASUREMENTS ARE: HEIGHT \_\_\_\_\_ (INCHES), WRIST SIZE \_\_\_\_\_ (INCHES), WEIGHT \_\_\_\_\_ (POUNDS). YOUR AGE IS \_\_\_\_ AND YOUR PERCENT BODY FAT IS \_\_\_\_ . IN ACCORDANCE WITH ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES), YOU ARE ASSIGNED A MAXIMUM ALLOWABLE WEIGHT FOR SCREENING PURPOSES OF \_\_\_\_\_ POUNDS. SHOULD YOU EXCEED THIS MAXIMUM ALLOWABLE WEIGHT IN THE FUTURE, YOU WILL BE REQUIRED TO COMPLETE A BODY FAT DETERMINATION. BY SIGNATURE BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN AFFORDED THE OPPORTUNITY TO REVIEW ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES).

3. For each officer and enlisted member who exceeds the MAW and body fat standards but the provisions of  Section 4.D. (Smoking Cessation) apply, the following Administrative Remarks (CG-3307) shall be prepared:

DATE: YOU HAVE THIS DATE BEEN DETERMINED TO BE \_\_\_\_\_ POUNDS OVERWEIGHT. HOWEVER, IN ACCORDANCE WITH SECTION 4.D. OF ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES), YOU ARE HEREBY GRANTED A, ONE-TIME, SIX MONTH EXEMPTION FROM BEING PLACED ON WEIGHT PROBATION. THIS ONE-TIME EXEMPTION WILL BE EFFECTIVE FOR THE PERIOD OF \_\_\_\_\_ (Date successfully stopped smoking or date successfully completed a tobacco cessation program) TO \_\_\_\_\_ (Date of completion of six month period). AT THE END OF THIS ONE-TIME, SIX MONTH EXEMPTION, OR AT ANY TIME DURING THIS PERIOD IT IS DETERMINED THAT YOU ARE USING TOBACCO, YOU WILL BE REWEIGHED TO DETERMINE IF YOU ARE IN COMPLIANCE WITH ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES). IF NOT, YOU WILL BE PLACED ON WEIGHT PROBATION AND IF YOU FAIL TO REACH COMPLIANCE BY THE END OF YOUR PROBATIONARY PERIOD, YOU WILL BE RECOMMENDED FOR SEPARATION (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (if Reservist), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (Public Health Service). FURTHERMORE, UNTIL YOU ARE IN COMPLIANCE WITH WEIGHT OR BODY FAT STANDARDS, ALL ACTIONS LISTED IN CHAPTER 2 OF ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES) MAY BE WITHHELD. BY SIGNATURE BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN AFFORDED THE OPPORTUNITY TO REVIEW ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES).

4. For each officer and enlisted member who exceeds their maximum allowable body fat percentage, has a probationary period of less than 36 weeks, and has not received an exemption under  Chapter 4, the following Administrative Remarks (CG-3307) shall be prepared.

DATE: YOU HAVE THIS DATE BEEN DETERMINED TO BE \_\_\_\_\_ POUNDS OVERWEIGHT. YOUR MEASUREMENTS ARE: HEIGHT \_\_\_\_\_ (INCHES), WRIST SIZE \_\_\_\_\_ (INCHES), WEIGHT \_\_\_\_\_ (POUNDS). YOUR AGE IS \_\_\_\_\_ AND YOUR PERCENT BODY FAT IS \_\_\_\_\_. IN ACCORDANCE WITH ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES), YOU ARE HEREBY NOTIFIED THAT YOU ARE REQUIRED TO LOSE \_\_\_\_\_ POUNDS OR DROP TO \_\_\_\_\_ % BODY FAT OR BELOW BY \_\_\_\_\_. IF YOU FAIL TO REACH COMPLIANCE BY THE END OF THIS PROBATIONARY PERIOD, YOU WILL BE RECOMMENDED FOR SEPARATION (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (if Reservist), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (Public Health Service). FURTHERMORE, UNTIL YOU ARE IN COMPLIANCE WITH WEIGHT OR BODY FAT STANDARDS, ALL ACTIONS LISTED IN CHAPTER 2 OF ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES) MAY BE WITHHELD. BY SIGNATURE BELOW, YOU ACKNOWLEDGE BOTH THIS ENTRY AND THAT YOU HAVE BEEN AFFORDED THE OPPORTUNITY TO REVIEW ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES).

5. When a member exceeds their MAW or maximum percent body fat to such an extent that they would be placed in a probationary period of 36 weeks or more, the unit commanding officer prepares the below Administrative Remarks (CG-3307).

DATE: ON THIS DATE YOU HAVE BEEN DETERMINED TO BE \_\_\_\_\_ POUNDS OVERWEIGHT. YOUR MEASUREMENTS ARE HEIGHT \_\_\_\_\_ (INCHES), WRIST SIZE \_\_\_\_\_ (INCHES), WEIGHT \_\_\_\_\_ (POUNDS). YOUR AGE IS \_\_\_\_\_ AND YOUR PERCENT BODY FAT IS \_\_\_\_\_. IN ACCORDANCE WITH ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES) YOUR PROBATIONARY PERIOD WOULD REQUIRE 36 WEEKS OR MORE, THEREFORE YOU ARE HEREBY NOTIFIED THAT, INSTEAD OF PROBATION, YOU WILL BE RECOMMENDED FOR SEPARATION (IF ACTIVE DUTY), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (IF A RESERVIST), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (IF PUBLIC HEALTH SERVICE).

### **3.E. Completing Probation**

Upon completion of the probation, the unit commanding officer shall prepare and distribute one of the below Administrative Remarks (CG-3307) in accordance with    Preparation and Submission of Administrative Remarks, COMDTINST 1000.14(series). Both the command and member shall acknowledge the CG-3307 entry. In addition, a copy shall be retained in the member's Unit PDR.

DATE: ON THIS DATE YOUR PROBATIONARY PERIOD HAS COME TO AN END. YOU WEIGHED \_\_\_\_\_ (POUNDS) OR ACHIEVED \_\_\_\_\_% BODY FAT AND HAVE SUCCESSFULLY MET THE REQUIREMENTS OF THE COAST GUARD WEIGHT PROGRAM.

or

DATE: ON THIS DATE YOUR PROBATIONARY PERIOD HAS COME TO AN END. YOU WEIGHED \_\_\_\_\_ (POUNDS) AND HAD A CALCULATED \_\_\_\_\_% BODY FAT AND YOU HAVE NOT ACHIEVED YOUR MAXIMUM ALLOWABLE WEIGHT/%BODY FAT. IN ACCORDANCE WITH ALLOWABLE WEIGHT STANDARDS FOR COAST GUARD MILITARY PERSONNEL, M1020.8 (SERIES) YOU ARE HEREBY NOTIFIED THAT YOU WILL BE RECOMMENDED FOR SEPARATION (if active duty), RECOMMENDED FOR TRANSFER TO THE IRR OR ISL (if a Reservist), OR RECOMMENDED TO RETURN TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (if Public Health Service).

### **3.F. Unacceptable Military Appearance**

See    Article 1.F.

### **3.G. Members Failing to Attain Maximum Allowable Weight**

Members who exceed their MAW and body fat percentage to such an extent that they would be placed in a probationary period of 36 weeks or more, fail to demonstrate reasonable progress during probation (   Article 3.C.3.), or fail to attain their MAW or body fat at the end of their probation, except those exempted per    Chapter 4, shall be processed as follows:

1. Regular commissioned officers with three or more years of service as a Coast Guard commissioned officer under    Personnel Manual, COMDTINST M1000.6 (series), Article 12.A.15.
2. Regular commissioned officers with fewer than three years of service as a Coast Guard commissioned officer under    Personnel Manual, COMDTINST M1000.6 (series), Article 12.A.11.
3. Chief warrant officers under    Personnel Manual, COMDTINST M1000.6 (series), Article 12.A.21.

4. Active duty enlisted members are to be separated under  Personnel Manual, COMDTINST M1000.6 (series), Article 12.B.12. Commands shall include the member's current weight, height, wrist size, and body fat measurements in the discharge request.
5. Reserve officers on extended active duty under  Personnel Manual, COMDTINST M1000.6 (series) Article 12.A.9.
6. Reserve enlisted members on extended active duty are to be separated under  Personnel Manual, COMDTINST M1000.6 (series), Article 12.B.12. Commands shall include the member's current weight, height, wrist size, and body fat measurements in the discharge request.
7. Transfer other Reserve officers and enlisted members not covered above to the Standby Reserve, Inactive Status List (ISL) for up to one year. If, during that year, they attain their proper weight or body fat, they may request transfer back to the Ready Reserve. Submit requests for both officers and enlisted personnel for approval to Commander (CGPC-rpm) via the member's district commander. If, after that year, they have not attained their proper weight or body fat, process for separation as follows:
  - a. The Mobilization Disposition Board shall screen Reserve officers who have not completed 20 satisfactory years of service for retirement with pay under  section 4.A.3(e) of the Reserve Policy Manual, COMDTINST M1001.28 (series) (sections 1.C.2b(4) (a) and (b) for members of the Standby Reserve (Inactive Status)).
  - b. Reserve enlisted members under  Personnel Manual, COMDTINST M1000.6 (series), Article 12.B.12.
8. PHS officers return to the Department of Health and Human Services.

### **3.H. Documentation for Separation**

Process according to applicable articles of the  Personnel Manual, COMDTINST M1000.6 (series). In all cases, include in separation requests copies of health record entries and the Command Medical Referral Form, enclosure (3), documenting medical findings that weight loss would not be detrimental to the member and all Administrative Remarks (CG-3307) entries about the probationary period, including entries placing the member on probation and the last entry documenting noncompliance.

### **3.I. Inability to Determine Body Fat**

For those members with physical parameters which prevent a determination of percent body fat using Appendix A (Percent Body Fat Estimation), contact Commandant (G-WPM-1) for guidance.



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## **4. Exemptions**

### **4.A. Other Than Fit for Full Duty**

Members who incur an injury or illness during a probationary period that may adversely affect their weight loss should be referred to a medical officer or contract physician to determine whether it is medically safe and feasible for the member to continue the weight loss regimen.

1. Members who are determined to be in a not fit-for-full-duty status for a period of 30 days or more, shall have their probationary period held in abeyance until they are restored to fit-for-full-duty status, provided they have a physician's determination that the physical condition precludes weight loss. The provisions of [☞ Article 2.B.](#) shall apply during the entire period they are not fit-for-full-duty.
2. Members are encouraged to seek guidance from their physician concerning good eating habits for weight maintenance, which will lessen the likelihood of the member gaining weight during the period they are not fit-for-full-duty.
3. The day following the determination of fit-for-full-duty or decision by medical authority to lift the abeyance, the probationary period shall be adjusted with the length of the probationary period based on the member's weight at that time ([☞ Article 3.B.](#)).

### **4.B. Pregnancy**

Members who become pregnant will not be measured to determine compliance with this Instruction until they return to a fit-for-full-duty status. Members placed in a weight or fat loss probationary status prior to pregnancy shall have their probationary period held in abeyance.

1. A servicewoman is exempt from the weight and body fat standards during pregnancy, but she must maintain a neat military appearance.
2. Once the member returns from maternity leave, she is exempt from being placed in a probationary status for exceeding the weight or body fat standards for a period of six months effective the date of delivery or termination of pregnancy. For nursing mothers, this six-month exemption will be effective upon conclusion of the nursing period, but no later than 12 months post-delivery. This policy does not preclude mothers from nursing beyond 12 months, it only establishes the time at which a member is to be within the Coast Guard weight standards, or placed on probation per [☞ Article 2.C.](#)

#### **4.C. Assigning a New Maximum Weight**

1. **Screening Weight.** Some members' physical makeup, primarily due to high muscle mass, puts him or her in an overweight category even though their body fat percentage is within limits. In cases such as this, upon determination that the member's body fat is within standards, the member will be assigned a screening weight equal to the member's weight when the body fat determination is made. This does not establish a new MAW. It is designed to avoid requiring the member to have additional body fat determinations as long as he or she does not gain additional weight. (See [☞](#) Article 3.D. concerning documentation.) If the member exceeds the screening weight, he or she will be screened for a new body fat determination. If determined to be overfat, he or she shall be placed on probation IAW the standards outlined in [☞](#) Article 3.C. with calculations based upon the member's original MAW, not his or her screening weight.
2. **Acceptable Military Appearance.** There are individuals who do present an acceptable military appearance in uniform, but despite great efforts, are not able to meet weight and body fat standards. Many of these individuals are superior performers who contribute greatly to the Coast Guard. In cases such as these, commanding officers may request a determination by CGPC to assign a new Maximum Allowable Weight. Generally, the member must be within 20 lbs of their MAW or within 3% of their maximum body fat. Medical officer determination that the member's weight and body fat are at healthy levels is required. Full body photos (frontal and side views) of the member in uniform, along with medical officer concurrence shall be included with the package sent to CGPC. Commanding officers are cautioned to request this only for those cases that definitely warrant such consideration.
3. If a Command believes that unique conditions exist that do not fit under other provisions of this instruction, yet warrant consideration, they should contact Commandant (G-WPM-1), who is the final authority for procedural and policy determinations. Commands are advised that such situations are rare, and should therefore consider requests carefully.

#### **4.D. Smoking Cessation**

Some individuals who have successfully stopped smoking or using smokeless tobacco (or who are currently enrolled in a tobacco cessation class) gain weight. Although the member can minimize this weight gain through healthy eating combined with exercise, the prospect of gaining weight often discourages people from trying to quit smoking or using smokeless tobacco. Since tobacco addiction is far more harmful than being overweight or overfat, fear of probation for weight should not discourage members from attempting tobacco cessation. Accordingly, members who are addicted to tobacco may apply for a one-time 6-month exemption from the weight and body fat standards. The waiver will be effective upon successfully completing a tobacco cessation program.

#### **4.E. Compulsive Overeating and Eating Disorders**

Cases involving members who display tendencies toward compulsive overeating or are diagnosed with an eating disorder behavior shall be handled in accordance with the provisions of the Medical Manual, COMDTINST M6000.1 (series).

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## **5. Responsibilities**

### **5A. Commandant (G-WPM)**

1. Initiates the required changes to this Instruction.
2. Makes determinations on cases not adequately addressed by the provisions of this Instruction.

### **5.B. Commandant (G-WK)**

1. Assists Commandant (G-WP) in ensuring that Regional Health Promotion Managers (HPMs) and unit Health Promotion Coordinators (HPCs) assist, as appropriate, in designing key programs for members and units to promote healthier lifestyles. HPMs and HPCs can also assist overweight or overfat members by designing exercise programs to help lose excess body fat.
2. Provides written self-help weight management guidance (See reference (c) and website <http://www.uscg.mil/hq/g-w/g-wk/g-wkw/worklife/index.htm>).
3. Through the Regional HPM, provides each member on probation with advisory reference material on nutrition, weight control, and exercise. The member still must lose excess weight even if he or she does not receive the materials.
4. Commandant (G-WKH) requires Health Services Technicians to maintain an understanding of the procedures used to determine MAW and percent body fat so that HSs can provide guidance in connection with the program. The screenings are an administrative function, not a medical one.

### **5.C. Commander, Coast Guard Personnel Command**

1. Acts on requests for waivers for Coast Guard members as listed in the provisions of  Chapter 4.
2. Acts on requests for exemptions for Coast Guard members not adequately covered by the provisions of  Chapter 4.
3. Takes necessary action on waivers authorized by Commandant (G-WPM).

### **5.D. Commanders Maintenance and Logistics Commands**

Commanders of maintenance and logistics commands ensure members have access to appropriate dietary counseling.

## **5.E. Area Commanders, District Commanders, Commanders of Maintenance and Logistics Commands, and Superintendent, Coast Guard Academy**

1. Monitor compliance with this Instruction's provisions during inspections and visits to units.
2. Take appropriate action to cancel or withhold all EAD or ADSW-AC/RC actions requested by commands for Selected Reserve members.

## **5.F. Commanding Officers**

1. All commanding officers, commanders, and officers-in-charge to the maximum extent possible and consistent with operational missions and unit physical constraints, should provide opportunities for, and encourage, their members to maintain healthy lifestyles and weights (☞ Article 1.E.).
2. Ensure screening for all members attached to their commands, to include subordinate units with a designated "supervisor" (i.e., station smalls, ESDs, etc.) as required by ☞ Article 2.B. Screen Reservists not on extended active duty at least annually.
3. Ensure all members understand the requirements of this Instruction's contents. In particular, emphasize the requirement that overweight members whose probationary period is 36 weeks or more will be processed for separation in accordance with ☞ Article 2.D. in lieu of being placed on probation.
4. Comply with the policies and procedures contained in this Instruction. In particular, commands must complete proper documentation both before and after a member's probation.
5. If a member receives Permanent Change of Station (PCS) transfer orders and his or her probationary period will continue after he or she departs and report to his or her new unit, notify the new command by letter, info Commander (CGPC-epm), (CGPC-opm), or (CGPC-rpm), as appropriate, advising them of the details of the member's probation. If the member is near the end of the probation when he or she is scheduled to depart PCS and it appears he or she may not lose the required weight, advise Commander (CGPC-epm), (CGPC-opm), or (CGPC-rpm), as appropriate.
6. Counsel and assist (☞ Article 3.B.) any member who does not comply with existing weight standards. Whenever possible, the member shall be assisted in obtaining information on local weight reduction programs. At a minimum, members should be advised that educational resources are available through the Coast Guard Health Promotion and Wellness Program and reference (a). Unless dictated by extraordinary medical circumstances, Coast Guard funds shall not be expended to pay for residential or inpatient weight loss programs.

7. Notify Commander (CGPC-epm), (CGPC-opm), or (CGPC-rpm), as appropriate, to withhold or cancel any action listed in Chapter 2 for Selected Reserve members exceeding the MAW standards.
8. Provide assistance to all supported units.

### **5.G. Personnel Reporting Units**

Upon receiving Administrative Remarks (CG-3307) entries for members who exceed the MAW standards, all Coast Guard PERSRUs shall distribute them in accordance with  Preparation and Submission of Administrative Remarks, COMDTINST 1000.14(series) and submit the necessary transactions. In addition, the PERSRU shall provide a copy of the transaction to the member's unit for tracking and monitoring purposes.

### **5.H. Applicability**

All Coast Guard members shall comply with this Instruction's standards, follow a healthy lifestyle, and strive to maintain their body weight within the "recommended healthy weight," or Body Mass Indicator.



Maximum Weight and Body Fat Standards for Active Duty and Reserve Personnel

**MAXIMUM ALLOWABLE WEIGHT FOR MEN**  
**BASED ON MEMBER'S HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE											
	A	B	C	D	E	F	G	H	J	K	L	M
	UNDEF 6 ¼	6 ¼ TO UNDEF 6 ½	6 ½ TO UNDEF 6 ¾	6 ¾ TO UNDEF 7	7 TO UNDEF 7 ¼	7 ¼ TO UNDEF 7 ½	7 ½ TO UNDEF 7 ¾	7 ¾ TO UNDEF 8	8 TO UNDEF 8 ¼	8 ¼ TO UNDEF 8 ½	8 ½ TO UNDEF 8 ¾	8 ¾ AND ABOVE
60	140	144	148	152	156	159	163	167	171	175	179	183
61	144	148	152	156	160	164	167	171	175	179	183	187
62	148	152	156	160	164	168	172	176	179	183	187	191
63	152	156	160	164	168	172	176	180	184	188	191	195
64	157	160	164	168	172	176	180	184	188	192	196	200
65	161	165	169	172	176	180	184	188	192	196	200	204
66	165	169	173	177	181	184	188	192	196	200	204	208
67	169	173	177	181	185	189	193	196	200	204	208	212
68	173	177	181	185	189	193	197	201	205	208	212	216
69	177	181	185	189	193	197	201	205	209	213	216	220
70	182	185	189	193	197	201	205	209	213	217	221	225
71	186	190	194	197	201	205	209	213	217	221	225	229
72	190	194	198	202	206	209	213	217	221	225	229	233
73	194	198	202	206	210	214	218	221	225	229	233	237
74	198	202	206	210	214	218	222	226	230	233	237	241
75	202	206	210	214	218	222	226	230	234	238	242	245
76	207	210	214	218	222	226	230	234	238	242	246	250
77	211	215	219	222	226	230	234	238	242	246	250	254
78	215	219	223	227	231	234	238	242	246	250	254	258
79	219	223	227	231	235	239	243	246	250	254	258	262
80	223	227	231	235	239	243	247	251	255	258	262	266

**NOTES**

1. Measure height without shoes\*.
2. Measure height to the nearest 1/2" and interpolate to find weight standards.
3. If weight measurement is done in the following uniforms:
  - a. T-shirt and gym shorts - subtract 1 lb.
  - b. T-shirt and long undress trousers - subtract 2 lbs.
  - c. T-shirt and sweatpants - subtract 2 lbs.
  - d. Tropical blue long - subtract 2.5 lbs.
4. If weight is measured while wearing shoes – subtract an additional 2.5 lbs.

**How to Determine Frame Size:**

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Measure ensuring that the tape goes across both "knobs".

Maximum Weight and Body Fat Standards for Active Duty and Reserve Personnel

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN**  
**BASED ON MEMBER'S HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE											
	N	P	Q	R	S	T	U	V	W	X	Y	Z
	UNDEF 5 ¼	5 ¼ UNDEF TO 5 ½	5 ½ UNDEF TO 5 ¾	5 ¾ UNDEF TO 6	6 UNDEF TO 6 ¼	6 ¼ UNDEF TO 6 ½	6 ½ UNDEF TO 6 ¾	6 ¾ UNDEF TO 7	7 UNDEF TO 7 ¼	7 ¼ UNDEF TO 7 ½	7 ½ UNDEF TO 7 ¾	7 ¾ UNDEF AND ABOVE
58	122	126	130	134	137	141	145	149	152	156	160	164
59	125	129	133	137	140	144	148	152	155	159	163	167
60	128	132	136	140	143	147	151	155	158	162	166	170
61	131	135	139	142	146	150	154	157	161	165	169	172
62	134	138	142	145	149	153	157	160	164	168	172	175
63	137	141	145	148	152	156	160	163	167	171	175	178
64	140	144	147	151	155	159	162	166	170	174	177	181
65	143	147	150	154	158	162	165	169	173	177	180	184
66	146	150	153	157	161	165	168	172	176	180	183	187
67	149	152	156	160	164	167	171	175	179	182	186	190
68	152	155	159	163	167	170	174	178	182	185	189	193
69	155	158	162	166	170	173	177	181	185	188	192	196
70	157	161	165	169	172	176	180	184	188	191	195	199
71	160	164	168	172	175	179	183	187	190	194	198	202
72	163	167	171	175	178	182	186	190	193	197	201	205
73	166	170	174	178	181	185	189	193	196	200	204	208
74	169	173	177	180	184	188	192	195	199	203	207	210
75	172	176	180	183	187	191	195	198	202	206	210	213
76	175	179	183	186	190	194	198	201	205	209	213	216
77	178	182	185	189	193	197	200	204	208	212	215	219
78	181	185	188	192	196	200	203	207	211	215	218	222
79	184	188	191	195	199	203	206	210	214	218	221	225
80	187	190	194	198	202	205	209	213	217	220	224	228

**NOTES**

1. Measure height and weight without shoes\*.
2. Measure height to the nearest 1/2" and interpolate to find weight standards.
3. If weight measurement is done in the following uniforms:
  - a. T-shirt and gym shorts - subtract 1 lb.
  - b. T-shirt and long undress trousers - subtract 2 lbs.
  - c. T-shirt and sweatpants - subtract 2 lbs.
  - d. Tropical blue long - subtract 2.5 lbs.
4. \*If weight is measured while wearing shoes – subtract an additional 2.5 lbs.

**How to Determine Frame Size:**

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Measure ensuring that the tape goes across both "knobs".

Maximum Weight and Body Fat Standards for Active Duty and Reserve Personnel

**Maximum Body Fat Percentages**

This chart lists the maximum body fat percentages for men and women. They are based upon the tape measure method used in this Instruction. Body fat determinations by other methods (See Appendix A) are not to be used because the values are not interchangeable with the ones found here.

<b>MAXIMUM BODY FAT PERCENTAGES</b>		
<b><u>AGE</u></b>	<b><u>PERCENT BODY FAT</u></b>	
	<b><u>MEN</u></b>	<b><u>WOMEN</u></b>
LESS THAN 30	23%	33%
LESS THAN 40	25%	35%
AGE 40 OR GREATER	27%	37%

Note: These standards are higher than those determined to be best for optimal health and fitness.



Maximum Weight and Body Fat Standards for New Accessions

**MAXIMUM ALLOWABLE WEIGHT FOR MEN  
BASED ON MEMBERS HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE											
	A	B	C	D	E	F	G	H	J	K	L	M
	UNDEF 6 ¼	6 ¼ TO UNDEF 6 ½	6 ½ TO UNDEF 6 ¾	6 ¾ TO UNDEF 7	7 TO UNDEF 7 ¼	7 ¼ TO UNDEF 7 ½	7 ½ TO UNDEF 7 ¾	7 ¾ TO UNDEF 8	8 TO UNDEF 8 ¼	8 ¼ TO UNDEF 8 ½	8 ½ TO UNDEF 8 ¾	8 ¾ AND UNDEF ABOVE
58	134	137	139	142	145	148	151	154	158	161	165	169
59	137	140	142	145	148	151	154	157	161	164	168	172
60	140	143	145	148	151	154	157	160	164	167	171	175
61	144	147	149	152	155	158	162	165	169	173	177	181
62	148	151	154	157	160	163	167	170	174	178	183	187
63	152	155	158	161	164	168	171	175	179	184	188	193
64	156	159	162	165	169	172	176	180	185	189	194	199
65	160	163	166	169	173	177	181	185	190	195	200	204
66	164	167	170	174	177	181	186	190	195	200	204	208
67	168	171	174	178	182	186	190	195	200	204	208	212
68	172	175	179	182	186	190	195	200	205	208	212	216
69	176	179	183	186	191	195	200	205	209	213	216	220
70	180	183	187	191	195	199	205	209	213	217	221	225
71	184	187	191	195	199	204	209	213	217	221	225	229
72	188	191	195	199	204	209	213	217	221	225	229	233
73	192	195	199	204	208	213	218	221	225	229	233	237
74	196	199	203	208	213	218	222	226	230	233	237	241
75	200	204	208	212	217	222	226	230	234	238	242	245
76	204	208	212	216	221	226	230	234	238	242	246	250
77	208	212	216	221	226	230	234	238	242	246	250	254
78	212	216	220	225	230	234	238	242	246	250	254	258
79	216	220	224	229	235	239	243	246	250	254	258	262
80	220	224	228	233	239	243	247	251	255	258	262	266

NOTES

1. Measure height and weight without shoes\*.
2. Measure height to the nearest 1/2" and interpolate to find weight standards.
3. If weight measurement is done in the following uniforms:
  - a. T-shirt and gym shorts - subtract 1 lb.
  - b. T-shirt and long undress trousers - subtract 2 lbs.
  - c. T-shirt and sweatpants - subtract 2 lbs.
  - d. Tropical blue long - subtract 2.5 lbs.
4. If weight is measured while wearing shoes – subtract an additional 2.5 lbs.

How to Determine Frame Size:

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Measure ensuring that the tape goes across both "knobs".

Maximum Weight and Body Fat Standards for New Accessions

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN  
BASED ON MEMBERS HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE											
	N	P	Q	R	S	T	U	V	W	X	Y	Z
	UNDER 5 ¼	5 ¼ TO UNDER 5 ½	5 ½ TO UNDER 5 ¾	5 ¾ TO UNDER 6	6 TO UNDER 6 ¼	6 ¼ TO UNDER 6 ½	6 ½ TO UNDER 6 ¾	6 ¾ TO UNDER 7	7 TO UNDER 7 ¼	7 ¼ TO UNDER 7 ½	7 ½ TO UNDER 7 ¾	7 ¾ AND ABOVE
58	102	106	110	115	119	124	129	134	139	145	151	157
59	106	110	114	119	123	128	133	138	143	149	155	161
60	110	114	118	123	127	132	137	142	148	153	159	165
61	114	118	122	127	131	136	141	146	152	157	163	170
62	118	122	127	131	136	140	145	151	156	162	168	174
63	122	126	131	135	140	145	150	155	160	166	172	178
64	126	130	135	139	144	149	154	159	164	170	176	181
65	130	134	139	143	148	153	158	163	168	174	180	184
66	134	138	143	147	152	157	162	167	173	178	183	187
67	138	142	147	151	156	161	166	171	177	182	186	190
68	142	146	151	155	160	165	170	175	181	185	189	193
69	146	150	155	159	164	169	174	180	185	188	192	196
70	150	154	159	164	168	173	178	184	188	191	195	199
71	154	158	163	168	172	177	182	187	190	194	198	202
72	158	162	167	172	176	181	186	190	193	197	201	205
73	162	166	171	176	181	185	189	193	196	200	204	208
74	166	171	175	180	184	188	192	195	199	203	207	210
75	170	175	179	183	187	191	195	198	202	206	210	213
76	174	179	183	186	190	194	198	201	205	209	213	216
77	178	182	185	189	193	197	200	204	208	212	215	219
78	181	185	188	192	196	200	203	207	211	215	218	222
79	184	188	191	195	199	203	206	210	214	218	221	225
80	187	190	194	198	202	205	209	213	217	220	224	228

**NOTES**

1. Measure height and weight without shoes\*.
2. Measure height to the nearest 1/2" and interpolate to find weight standards.
3. If weight measurement is done in the following uniforms:
  - a. T-shirt and gym shorts - subtract 1 lb.
  - b. T-shirt and long undress trousers - subtract 2 lbs.
  - c. T-shirt and sweatpants - subtract 2 lbs.
  - d. Tropical blue long - subtract 2.5 lbs.
4. \*If weight is measured while wearing shoes – subtract an additional 2.5 lbs.

**How to Determine Frame Size:**

1. Extend and spread apart the fingers of the dominant hand.
2. Place cloth tape measure around wrist at the point where there are two "knobs".
3. Measure ensuring that the tape goes across both "knobs".

Maximum Weight and Body Fat Standards for New Accessions

**Maximum Body Fat Percentages for New Accessions**

This chart lists the maximum body fat percentages for men and women. They are based upon the tape measure method used in this Instruction. Body fat determinations by other methods (See Appendix A) are not to be used because the values are not interchangeable with the ones found here.

<b>MAXIMUM BODY FAT PERCENTAGES FOR ACCESSIONS</b>		
<b><u>AGE</u></b>	<b><u>PERCENT BODY FAT</u></b>	
	<b><u>MEN</u></b>	<b><u>WOMEN</u></b>
LESS THAN 30	23%	30%
LESS THAN 40	25%	32%
AGE 40 OR GREATER	27%	34%

Note: These standards are higher than those determined to be best for optimal health and fitness.



**COMMAND MEDICAL REFERRAL FORM**

This date, I have determined \_\_\_\_\_ is \_\_\_\_\_ pounds overweight and \_\_\_\_\_ percent of excess body fat. Measurements are:

Height	(inches)
Wrist size	(inches)
Weight	(pounds)
Percent Body Fat	%

In accordance with Chapter 5 of Allowable Weight Standards for Coast Guard Military Personnel, M1020.8 (series), I hereby refer this member to you to determine whether it is medically safe for him or her to lose the excess weight or body fat to comply with established standards.

\_\_\_\_\_  
(Commanding Officer's signature)

\_\_\_\_\_  
Date

Medical Officer's statement and determination whether it is safe for the member to lose the excess weight to comply with established weight standards or, if not, why.

1. Is there an underlying medical condition for the member's excess weight? If yes, please explain.

Yes \_\_\_/ No\_\_\_ \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Is it safe for the member to lose the excess weight to comply with established standards? If not, please explain.

Yes \_\_\_/ No\_\_\_ \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Has member been counseled on diet and exercise.

Yes \_\_\_/ No\_\_\_

\_\_\_\_\_  
Signature & Title

\_\_\_\_\_  
Date



PERCENT BODY FAT MEASUREMENT PROCEDURES

The Coast Guard will follow these Percent Body Fat Measurement Procedures as standard methodology to determine if a member's percent body fat exceeds the screening standards for maximum allowable weight. Commands must follow these guidelines and procedures carefully when measuring members.

1. For men, determine neck and waist circumferences in accordance with sub-paragraphs a. through e. Determine body fat percentage by comparing the neck and waist circumference measurements with Chart A.
  - a. Use a standard tape measure, NON-ELASTIC (metal, cloth, or fiberglass). Apply it to body landmarks with sufficient tension to keep it in place without indenting the skin surface. Record measurements to the nearest half inch. All measurements will be taken on bare skin.
  - b. Measure height without shoes to nearest half inch. Instruct members to stand with feet together, flat on the deck, take a deep breath and stretch tall.
  - c. Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the neck's long axis. Member should look straight ahead during measurement, with shoulders down (not hunched). Round neck measurements up and record to nearest half inch (i.e., round 16 1/4 to 16 1/2 inches).
  - d. Measure the abdominal circumference at the navel, level to the deck. Arms are at the sides. Take measurement at the end of member's normal, relaxed exhalation. Round abdominal measurement down and record to nearest half inch (i.e., round 34 3/4 to 34 1/2 inches).
  - e. Determine percent body fat by subtracting the neck from the abdominal measurement and comparing this value against the height measurement from Chart A.
2. For women, determine neck, waist, and buttocks circumferences in accordance with sub-paragraphs a. through e. Determine body fat percentage by comparing the neck, waist, and buttocks circumference measurements with Chart B.
  - a. Use a standard tape measure, NON-ELASTIC (metal, cloth, or fiberglass). Apply it to body landmarks with sufficient tension to keep it in place without indenting the skin surface. Record measurements to the nearest half-inch. All measurements with the exception of the buttocks measurements will be taken on bare skin.
  - b. Measure height without shoes to the nearest half inch. Instruct member to stand with feet together and flat on the deck, take a deep breath and stretch tall.
  - c. Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the neck's long axis. Member should look straight ahead during measurement, with shoulders down (not hunched). Round neck measurement up and record to nearest half inch (i.e., round 13 3/8 to 13 1/2 inches).

- d. Measure the natural waist circumference at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breast bone). If you cannot observe this site easily, take several measurements at probable sites and use the smallest value. Be sure the tape is level. Arms are at the sides. Record measurement at the end of member's normal relaxed exhalation. Round waist measurement down and record to nearest half inch (i.e., round 28 5/8 to 28 1/2 inches).
- e. Measure the buttocks circumference while facing the subject's right side. Place the tape around the buttocks so it passes over the greatest protrusion of the gluteal muscles and is level with the deck. Apply sufficient tape tension to minimize the effect of clothing. Round this measurement down and record to half inch (i.e., round 44 3/8 down to 44 inches).
- f. To determine percent body fat add the waist and buttocks measurements, subtract the neck measurement, and compare this value against the height measurement from Chart B.

#### ALTERNATIVE METHODS OF DETERMINING BODY FAT

These are listed for information reasons only. They cannot be used for the official measurements under this policy as the values do not correspond to those used in this policy. However, they may be useful in efforts to maintain a healthy lifestyle.

***Skinfold Measurements***- Is a simple, inexpensive, and practical way to assess body composition. Skinfold measurements can be used to assess body composition because equations can link the thickness of skinfolds at various sites to percent body fat calculations from more precise laboratory techniques. Skinfolds are measured with a device called a caliper, which consist of a pair of spring-loaded, calibrated jaws.

***Underwater Weighing*** –Hydrostatic (underwater) weighing is considered one of the most accurate indirect ways to measure body composition. It is the standard used for other techniques, including skinfold measurements. For this method, an individual is submerged and weighed underwater. The percentages of fat and fat-free weight are calculated from bone density. Muscle has a higher density and fat a lower density than water. Therefore, fat people tend to float and weigh less under water and lean people tend to sink and weigh more under water.

***Bioelectrical Impedance Analysis*** BIA – The BIA technique works by sending a small electrical current through the body and measuring the body's resistance to it. Fat-free tissues, where most body water is located, are good conductors of electrical current, whereas fat is not. Thus, the amount of resistance to electrical current is related to the amount of fat-free tissue in the body and can be used to estimate percent body fat.

Circumference Value	Chart A: PERCENT FAT ESTIMATION FOR MEN																			
	HEIGHT																			
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.0	3	2	2	2	2	1	1	1	1	1	0	0	--	--	--	--	--	--	--	--
11.5	4	4	4	3	3	3	3	2	2	2	2	2	1	1	1	1	1	0	0	--
12.0	6	5	5	5	5	4	4	4	4	3	3	3	3	3	2	2	2	2	2	1
12.5	7	7	6	6	6	6	6	5	5	5	5	4	4	4	4	4	3	3	3	3
13.0	8	8	8	8	7	7	7	7	6	6	6	6	6	5	5	5	5	5	4	4
13.5	10	9	9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5
14.0	11	11	10	10	10	10	10	9	9	9	9	8	8	8	8	8	7	7	7	7
14.5	12	12	12	11	11	11	11	11	10	10	10	10	9	9	9	9	9	8	8	8
15.0	13	13	13	13	12	12	12	12	12	11	11	11	11	10	10	10	10	10	9	9
15.5	15	14	14	14	14	13	13	13	13	12	12	12	12	12	11	11	11	11	11	10
16.0	16	15	15	15	15	15	14	14	14	14	13	13	13	13	12	12	12	12	12	11
16.5	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14	13	13	13	13	13
17.0	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15	14	14	14	14	14
17.5	19	19	19	18	18	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15
18.0	20	20	20	19	19	19	19	18	18	18	18	17	17	17	17	17	16	16	16	16
18.5	21	21	21	20	20	20	20	19	19	19	19	18	18	18	18	18	17	17	17	17
19.0	22	22	22	21	21	21	21	20	20	20	20	19	19	19	19	19	18	18	18	18
19.5	23	23	23	22	22	22	22	21	21	21	21	20	20	20	20	20	19	19	19	19
20.0	24	24	23	23	23	23	22	22	22	22	22	21	21	21	21	20	20	20	20	20
20.5	25	25	24	24	24	24	23	23	23	23	22	22	22	22	22	21	21	21	21	20
21.0	26	26	25	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22	22	21
21.5	27	26	26	26	26	25	25	25	25	24	24	24	24	24	23	23	23	23	22	22
22.0	28	27	27	27	27	26	26	26	26	25	25	25	25	24	24	24	24	24	23	23
22.5	28	28	28	28	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24
23.0	29	29	29	29	28	28	28	27	27	27	27	27	26	26	26	26	25	25	25	25
23.5	30	30	30	29	29	29	29	28	28	28	28	27	27	27	27	27	26	26	26	26
24.0	31	31	30	30	30	30	29	29	29	29	28	28	28	28	27	27	27	27	27	26
24.5	32	31	31	31	31	30	30	30	30	29	29	29	29	29	28	28	28	28	27	27
25.0	33	32	32	32	31	31	31	31	30	30	30	30	30	29	29	29	29	28	28	28
25.5	33	33	33	33	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29	29
26.0	34	34	34	33	33	33	32	32	32	32	32	31	31	31	31	30	30	30	30	29
26.5	35	35	34	34	34	33	33	33	33	32	32	32	32	32	31	31	31	31	30	30
27.0	36	35	35	35	34	34	34	34	33	33	33	33	32	32	32	32	32	31	31	31
27.5	36	36	36	35	35	35	35	34	34	34	34	33	33	33	33	33	32	32	32	32
28.0	37	37	36	36	36	36	35	35	35	35	34	34	34	34	33	33	33	33	33	32
28.5	38	37	37	37	37	36	36	36	36	35	35	35	35	34	34	34	34	33	33	33
29.0	38	38	38	38	37	37	37	37	36	36	36	36	35	35	35	35	34	34	34	34
29.5	39	39	39	38	38	38	37	37	37	37	37	36	36	36	36	35	35	35	35	34
30.0	40	39	39	39	39	38	38	38	38	37	37	37	37	36	36	36	36	35	35	35
30.5	--	--	40	40	39	39	39	38	38	38	38	38	37	37	37	37	36	36	36	36
31.0	--	--	--	--	40	40	39	39	39	39	38	38	38	38	37	37	37	37	37	36
31.5	--	--	--	--	--	--	40	40	39	39	39	39	38	38	38	38	37	37	37	37
32.0	--	--	--	--	--	--	--	--	40	40	39	39	39	39	39	38	38	38	38	38
32.5	--	--	--	--	--	--	--	--	--	--	--	40	40	39	39	39	39	38	38	38
33.0	--	--	--	--	--	--	--	--	--	--	--	--	--	40	40	39	39	39	39	39
33.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	40	40	39	39
34.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	40
34.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
35.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
35.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
36.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
36.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
37.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
37.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
38.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
38.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Appendix A to COMDTINST M1020.8D

Chart A: PERCENT FAT ESTIMATION FOR MEN																				
Circumference Value	HEIGHT																			
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
11.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
11.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
12.0	1	1	1	1	0	0	0	--	--	--	--	--	--	--	--	--	--	--	--	--
12.5	3	2	2	2	2	2	1	1	1	1	1	1	0	0	--	--	--	--	--	--
13.0	4	4	4	3	3	3	3	3	2	2	2	2	2	1	1	1	1	1	1	0
13.5	5	5	5	5	4	4	4	4	4	4	3	3	3	3	3	2	2	2	2	2
14.0	7	6	6	6	6	6	5	5	5	5	5	4	4	4	4	4	3	3	3	3
14.5	8	8	7	7	7	7	7	6	6	6	6	6	5	5	5	5	5	5	4	4
15.0	9	9	9	8	8	8	8	8	7	7	7	7	7	6	6	6	6	6	6	5
15.5	10	10	10	9	9	9	9	9	9	8	8	8	8	8	7	7	7	7	7	6
16.0	11	11	11	11	10	10	10	10	10	9	9	9	9	9	8	8	8	8	8	8
16.5	12	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9	9	9	9	9
17.0	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11	10	10	10	10	10
17.5	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11
18.0	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12
18.5	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13
19.0	17	17	17	17	17	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14
19.5	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16	15	15	15	15	15
20.0	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16	16
20.5	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16
21.0	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18	18	18	18	18	17
21.5	22	22	22	21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18
22.0	23	23	22	22	22	22	22	21	21	21	21	21	20	20	20	20	20	19	19	19
22.5	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21	21	20	20	20	20
23.0	25	24	24	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21	21
23.5	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22	21
24.0	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22
24.5	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23	23
25.0	28	27	27	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24
25.5	28	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25	25	25	25	25
26.0	29	29	29	29	28	28	28	28	27	27	27	27	27	26	26	26	26	25	25	25
26.5	30	30	29	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26
27.0	31	30	30	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27	27
27.5	31	31	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27
28.0	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29	29	29	28	28	28
28.5	33	33	32	32	32	32	31	31	31	31	31	30	30	30	30	30	29	29	29	29
29.0	33	33	33	33	33	32	32	32	32	31	31	31	31	31	30	30	30	30	30	29
29.5	34	34	34	33	33	33	33	33	32	32	32	32	31	31	31	31	31	30	30	30
30.0	35	35	34	34	34	34	33	33	33	33	33	32	32	32	32	32	31	31	31	31
30.5	35	35	35	35	35	34	34	34	34	34	33	33	33	33	32	32	32	32	32	31
31.0	36	36	36	35	35	35	35	34	34	34	34	34	33	33	33	33	33	33	32	32
31.5	37	36	36	36	36	36	35	35	35	35	35	34	34	34	34	34	34	33	33	33
32.0	37	37	37	37	36	36	36	36	36	35	35	35	35	34	34	34	34	34	33	33
32.5	38	38	37	37	37	37	37	36	36	36	36	35	35	35	35	35	34	34	34	34
33.0	39	38	38	38	38	37	37	37	37	37	36	36	36	36	35	35	35	35	35	34
33.5	39	39	39	38	38	38	38	38	37	37	37	37	36	36	36	36	36	35	35	35
34.0	40	39	39	39	39	39	38	38	38	38	37	37	37	37	37	36	36	36	36	36
34.5	--	--	40	40	39	39	39	39	39	38	38	38	38	37	37	37	37	37	36	36
35.0	--	--	--	--	40	40	40	39	39	39	39	38	38	38	38	38	37	37	37	37
35.5	--	--	--	--	--	--	--	--	--	--	39	39	39	39	38	38	38	38	38	37
36.0	--	--	--	--	--	--	--	--	--	--	40	40	39	39	39	39	39	38	38	38
36.5	--	--	--	--	--	--	--	--	--	--	--	40	40	39	39	39	39	39	39	38
37.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	40	40	39	39	39	39
37.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	40	40	40	40
38.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
38.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

\*Circumference value = abdomen circumference - neck circumference (in inches)

Circumference Value*	Chart B: PERCENT FAT ESTIMATION FOR WOMEN																			
	HEIGHT																			
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
35.5	3	2	2	2	1	1	0	0	--	--	--	--	--	--	--	--	--	--	--	--
36.0	4	3	3	3	2	2	1	1	1	0	0	--	--	--	--	--	--	--	--	--
36.5	5	4	4	4	3	3	2	2	2	1	1	1	0	--	--	--	--	--	--	--
37.0	6	5	5	4	4	4	3	3	3	2	2	2	1	1	1	0	--	--	--	--
37.5	7	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	0	--
38.0	7	7	7	6	6	6	5	5	5	4	4	3	3	3	2	2	2	1	1	1
38.5	8	8	8	7	7	7	6	6	5	5	5	4	4	4	3	3	3	2	2	2
39.0	9	9	9	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3
39.5	10	10	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4
40.0	11	11	10	10	10	9	9	8	8	8	7	7	6	6	6	5	5	5	4	4
40.5	12	12	11	11	10	10	10	9	9	9	8	8	7	7	7	6	6	6	5	5
41.0	13	12	12	12	11	11	11	10	10	10	9	9	8	8	8	7	7	7	6	6
41.5	14	13	13	13	12	12	11	11	11	10	10	10	9	9	9	8	8	8	7	7
42.0	14	14	14	13	13	13	12	12	12	11	11	10	10	10	9	9	9	8	8	8
42.5	15	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10	10	9	9	9
43.0	16	16	15	15	15	14	14	14	13	13	12	12	12	11	11	11	10	10	10	9
43.5	17	17	16	16	15	15	15	14	14	14	13	13	13	12	12	12	11	11	11	10
44.0	18	17	17	17	16	16	16	15	15	14	14	14	13	13	13	12	12	12	11	11
44.5	19	18	18	17	17	17	16	16	16	15	15	15	14	14	14	13	13	13	12	12
45.0	19	19	19	18	18	17	17	17	16	16	16	15	15	15	14	14	14	13	13	13
45.5	20	20	19	19	19	18	18	18	17	17	16	16	16	15	15	15	14	14	14	13
46.0	21	20	20	20	19	19	19	18	18	18	17	17	17	16	16	16	15	15	15	14
46.5	22	21	21	20	20	20	19	19	19	18	18	18	17	17	17	16	16	16	15	15
47.0	22	22	22	21	21	20	20	20	19	19	19	18	18	18	17	17	17	16	16	16
47.5	23	23	22	22	22	21	21	21	20	20	19	19	19	18	18	18	17	17	17	16
48.0	24	23	23	23	22	22	22	21	21	21	20	20	20	19	19	19	18	18	18	17
48.5	25	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19	19	19	18	18
49.0	25	25	25	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19	19	19
49.5	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19
50.0	27	26	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	21	20	20
50.5	27	27	27	26	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	21
51.0	28	28	27	27	27	26	26	25	25	25	24	24	24	23	23	23	22	22	22	21
51.5	29	28	28	28	27	27	27	26	26	25	25	25	24	24	24	23	23	23	22	22
52.0	29	29	29	28	28	28	27	27	27	26	26	25	25	25	24	24	24	23	23	23
52.5	30	30	29	29	29	28	28	28	27	27	26	26	26	25	25	25	24	24	24	23
53.0	31	30	30	30	29	29	29	28	28	27	27	27	26	26	26	25	25	25	24	24
53.5	31	31	31	30	30	30	29	29	28	28	28	27	27	27	26	26	26	25	25	25
54.0	32	32	31	31	31	30	30	30	29	29	28	28	28	27	27	27	26	26	26	25
54.5	33	32	32	32	31	31	31	30	30	29	29	29	28	28	28	27	27	27	26	26
55.0	33	33	33	32	32	32	31	31	30	30	30	29	29	29	28	28	28	27	27	27
55.5	34	34	33	33	33	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27
56.0	35	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28
56.5	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29
57.0	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29
57.5	36	36	36	35	35	35	34	34	34	33	33	32	32	32	31	31	31	30	30	30
58.0	37	37	36	36	36	35	35	35	34	34	33	33	33	32	32	32	31	31	31	30
58.5	38	37	37	37	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31
59.0	38	38	38	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32
59.5	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32
60.0	39	39	39	38	38	38	37	37	37	36	36	35	35	35	34	34	34	33	33	33
60.5	40	40	39	39	39	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33
61.0	41	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34
61.5	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35
62.0	42	41	41	41	40	40	40	39	39	38	38	38	37	37	37	36	36	36	35	35
62.5	42	42	42	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36
63.0	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36
63.5	43	43	43	42	42	42	41	41	40	40	40	39	39	39	38	38	38	37	37	37
64.0	44	44	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37
64.5	45	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38
65.0	--	45	44	44	44	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38
65.5	--	--	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39
66.0	--	--	--	--	45	44	44	44	43	43	43	42	42	41	41	41	40	40	40	39

Circumference Value*	Chart B: PERCENT FAT ESTIMATION FOR WOMEN																			
	HEIGHT																			
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
35.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
36.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
36.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
37.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
37.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
38.0	0	0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
38.5	1	1	1	0	0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
39.0	2	2	2	1	1	1	0	0	--	--	--	--	--	--	--	--	--	--	--	--
39.5	3	3	3	2	2	2	1	1	1	0	0	--	--	--	--	--	--	--	--	--
40.0	4	4	3	3	3	3	2	2	2	1	1	1	0	0	--	--	--	--	--	--
40.5	5	5	4	4	4	3	3	3	2	2	2	2	1	1	1	0	0	--	--	--
41.0	6	5	5	5	5	4	4	4	3	3	3	2	2	2	2	1	1	1	0	0
41.5	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	1	1
42.0	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2
42.5	8	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	3	3	3	3
43.0	9	9	9	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	3
43.5	10	10	9	9	9	8	8	8	7	7	7	7	6	6	6	5	5	5	5	4
44.0	11	10	10	10	9	9	9	9	8	8	8	7	7	7	6	6	6	6	5	5
44.5	12	11	11	11	10	10	10	9	9	9	8	8	8	7	7	7	6	6	6	6
45.0	12	12	12	11	11	11	10	10	10	10	9	9	8	8	8	8	7	7	7	7
45.5	13	13	12	12	12	12	11	11	11	10	10	10	9	9	9	9	8	8	8	7
46.0	14	14	13	13	13	12	12	12	11	11	11	10	10	10	10	9	9	9	8	8
46.5	15	14	14	14	13	13	13	12	12	12	12	11	11	11	10	10	10	9	9	9
47.0	15	15	15	14	14	14	13	13	13	13	12	12	12	11	11	11	11	10	10	10
47.5	16	16	15	15	15	15	14	14	14	13	13	13	12	12	12	12	11	11	11	10
48.0	17	17	16	16	16	15	15	15	14	14	14	13	13	13	13	12	12	12	11	11
48.5	18	17	17	17	16	16	16	15	15	15	14	14	14	14	13	13	13	12	12	12
49.0	18	18	18	17	17	17	16	16	16	15	15	15	14	14	14	14	13	13	13	13
49.5	19	19	18	18	18	17	17	17	17	16	16	16	15	15	15	14	14	14	14	13
50.0	20	19	19	19	18	18	18	18	17	17	17	16	16	16	15	15	15	15	14	14
50.5	20	20	20	19	19	19	19	18	18	18	17	17	17	16	16	16	16	15	15	15
51.0	21	21	20	20	20	20	19	19	19	18	18	18	17	17	17	17	16	16	16	15
51.5	22	21	21	21	21	20	20	20	19	19	19	18	18	18	17	17	17	17	16	16
52.0	22	22	22	22	21	21	21	20	20	20	19	19	19	18	18	18	18	17	17	17
52.5	23	23	22	22	22	22	21	21	21	20	20	20	19	19	19	19	18	18	18	17
53.0	24	23	23	23	23	22	22	22	21	21	21	20	20	20	20	19	19	19	18	18
53.5	24	24	24	23	23	23	23	22	22	22	21	21	21	20	20	20	20	19	19	19
54.0	25	25	24	24	24	24	23	23	23	22	22	22	21	21	21	21	20	20	20	19
54.5	26	25	25	25	24	24	24	24	23	23	23	22	22	22	21	21	21	21	20	20
55.0	26	26	26	25	25	25	24	24	24	24	23	23	23	22	22	22	22	21	21	21
55.5	27	27	26	26	26	25	25	25	25	24	24	24	23	23	23	22	22	22	22	21
56.0	28	27	27	27	26	26	26	25	25	25	25	24	24	24	23	23	23	22	22	22
56.5	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	24	23	23	23	23
57.0	29	29	28	28	28	27	27	27	26	26	26	25	25	25	25	24	24	24	23	23
57.5	30	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24
58.0	30	30	29	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	25	24
58.5	31	30	30	30	29	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25
59.0	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	27	26	26	26	26
59.5	32	32	31	31	31	30	30	30	29	29	29	28	28	28	28	27	27	27	26	26
60.0	32	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	28	27	27	27
60.5	33	33	32	32	32	31	31	31	31	30	30	30	29	29	29	28	28	28	28	27
61.0	34	33	33	33	32	32	32	31	31	31	31	30	30	30	29	29	29	28	28	28
61.5	34	34	34	33	33	33	32	32	32	31	31	31	31	30	30	30	29	29	29	28
62.0	35	34	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29
62.5	35	35	35	34	34	34	33	33	33	33	32	32	32	31	31	31	30	30	30	30
63.0	36	36	35	35	35	34	34	34	33	33	33	32	32	32	32	31	31	31	30	30
63.5	36	36	36	35	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	31
64.0	37	37	36	36	36	35	35	35	35	34	34	34	33	33	33	32	32	32	32	31
64.5	38	37	37	37	36	36	36	35	35	35	34	34	34	34	33	33	33	32	32	32
65.0	38	38	37	37	37	37	36	36	36	35	35	35	34	34	34	34	33	33	33	32
65.5	39	38	38	38	37	37	37	36	36	36	36	35	35	35	34	34	34	33	33	33
66.0	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	34	33

Chart B: PERCENT FAT ESTIMATION FOR WOMEN																										
Circumference Value*	HEIGHT																									
	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	
6.5	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37	37	37	37
7.0	--	45	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	38	37
7.5	--	--	--	45	44	44	44	43	43	43	42	42	41	41	41	40	40	40	39	39	39	39	39	38	38	38
8.0	--	--	--	--	45	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	39	38
8.5	--	--	--	--	--	--	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	40	39	39	39
9.0	--	--	--	--	--	--	--	--	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	40	39
9.5	--	--	--	--	--	--	--	--	--	45	44	44	44	43	43	43	42	42	42	42	42	41	41	41	40	40
0.0	--	--	--	--	--	--	--	--	--	--	45	45	44	44	44	44	43	43	43	42	42	42	41	41	41	40
0.5	--	--	--	--	--	--	--	--	--	--	--	--	45	44	44	44	43	43	43	43	43	42	42	42	41	41
1.0	--	--	--	--	--	--	--	--	--	--	--	--	--	45	45	44	44	44	43	43	43	43	42	42	42	41
1.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	44	44	44	43	43	43	43	43	42	42
2.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	45	44	44	44	43	43	43	43	42
2.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	44	44	44	44	44	43	43
3.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	45	44	44	44	44	43
3.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	44	44	44
4.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45	45	44
4.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	45
5.0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
5.5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

\*Circumference value = abdomen (waist) + buttocks - neck circumference (in inches)



**Recommended Healthy Weight and Body Mass Index**

The Metropolitan Life Insurance Company compiled the table below based upon data regarding weight ranges associated with increased longevity of life. This table is provided so that it may be used as an initial guide when striving to attain a healthy weight.

<b>Weights Associated With Longevity of Life</b>							
(Based upon frame size and height)							
<b>Men</b>				<b>Women</b>			
<b>Height</b>	<b>Small Frame</b>	<b>Medium Frame</b>	<b>Large Frame</b>	<b>Height</b>	<b>Small Frame</b>	<b>Medium Frame</b>	<b>Large Frame</b>
5'2"	128-134	131-141	138-150	4'10"	102-111	109-121	118-131
5'3"	130-136	133-143	140-153	4'11"	103-113	111-123	120-134
5'4"	132-138	135-145	142-156	5'0"	104-115	113-126	122-137
5'5"	134-140	137-148	144-160	5'1"	106-118	115-129	125-140
5'6"	136-142	139-151	146-164	5'2"	108-121	118-132	128-143
5'7"	138-145	142-154	149-168	5'3"	111-124	121-135	131-147
5'8"	140-148	145-157	152-172	5'4"	114-127	124-138	134-151
5'9"	142-151	148-160	155-176	5'5"	117-130	127-141	137-155
5'10"	144-154	151-163	158-180	5'6"	120-133	130-144	140-159
5'11"	146-157	154-166	161-184	5'7"	123-136	133-147	143-163
6'0"	149-160	157-170	164-188	5'8"	126-139	136-150	146-167
6'1"	152-164	160-174	168-192	5'9"	129-142	139-153	149-170
6'2"	155-168	164-178	172-197	5'10"	132-145	142-156	152-173
6'3"	158-172	167-182	176-202	5'11"	135-148	145-159	155-176
6'4"	162-176	171-187	181-207	6'0"	138-151	148-162	158-179

These weights are for ages 25-59 based on lowest mortality. Weight in pounds (in indoor clothing weighing 3 lbs for women, 5 lbs for men; shoes with 1" heels)

**To determine frame size for this chart (best done with assistance):**

1. Extend your arm in front of your body bending your elbow at a ninety-degree angle to your body. (Your arm is parallel to your body).
2. Keep your fingers straight and turn the inside of your wrist to your body.
3. Place your thumb and index finger on the two prominent bones on either side of your elbow, measure the distance between the bones with a tape measure or calipers.
4. Compare to the medium-framed chart below. Select your height. If you are below the listed inches, your frame is small. If you are above, your frame is large.

<b>Elbow Measurements for Medium Frame</b>			
<b>Men</b>		<b>Women</b>	
<b>Height</b> (in 1" heels)	<b>Elbow Breadth</b>	<b>Height</b> (in 1" heels)	<b>Elbow Breadth</b>
5'2"-5'3"	21/2"-27/8"	4'10"-4'11"	21/4"-21/2"
5'4"-5'7"	25/8"-27/8"	5'0"-5'3"	21/4"-21/2"
5'8"-5'11"	23/4"-3"	5'4"-5'7"	23/8"-25/8"
6'0"-6'3"	23/4"-31/8"	5'8"-5'11"	23/8"-25/8"
6'4"	27/8"-31/4"	6'0"	21/2"-23/4"

These are not the Coast Guard's MAW standards. They are provided as a reference to give members a general idea of healthy weight ranges they should aim for. Members are encouraged to strive to attain a healthy weight rather than just aiming to be "within the limits" listed in Enclosure (1).

### Body Mass Index (BMI)

The Body Mass Index (BMI) is a rough measure of body composition that is useful if sophisticated measurement equipment is not available. Like height-weight tables, BMI is based on the concept that a person’s weight should be proportional to height. The measurement is fairly accurate for people who do not have an unusual amount of muscle mass and who are not very short.

The National Heart, Lung, and Blood Institute defines a healthy BMI as 24 or less. A BMI of 25 to 29.9 is considered overweight. Individuals who fall into the BMI range of 25 to 34.9, and have a waist size of over 40 inches for men and 35 inches for women, are considered to be at especially high risk for health problems. A BMI of 30 or higher increases the risk of heart disease, diabetes, and high blood pressure.

BODY MASS INDEX CHART																	
Height (inches)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

To use this table, find the appropriate height in the left-hand column. Move across to a given weight. The number at the top of the column is the BMI for that height and weight. Pounds have been rounded off.

SOURCE: National Heart, Lung, and Blood Institute.