VIRGINIA MILITARY INSTITUTE

BODY FAT MEASUREMENT FORM REQUIRED FOR ALL APPLICANTS

TO BE COMPLETED BY A HEALTH PROFESSIONAL, CERTIFIED FITNESS PROFESSIONAL OR HIGH SCHOOL ATHLETIC TRAINER

THE SAME MEASUREMENT IS TAKEN 3 SEPARATE TIMES IN A ROW TO IMPROVE ACCURACY

Applicant's Name:

<u>Male</u>		MALE TAPE MEASUREMENT ILLUSTRATION
Height: (in inches)		
Weight:(pounds)		
Waist #1:(to the nearest ½ inch)		H H
Waist #2:(to the nearest ½ inch)		
Waist #3:(to the nearest ½ inch)		Navel - (beliy button)
	Tape measure is held at the level of the	
<u>Female</u>	belly button	FEMALE TAPE MEASUREMENT ILLUSTRATION
Height: (in inches)		
Weight:(pounds)		
Waist #1:(to the nearest ½ inch)		The state of
Waist #2:(to the nearest ½ inch)		Charles and Carrier and
Waist #3:(to the nearest ½ inch)		Navel -(belly button)
SIGNATURE:		
HEALTH PROFESSIONAL, CERTIFIED FITNESS PROFESSIONAL OR HIGH SCHOOL ATHLETIC TRAINER		
Date:		