Recommended Body Weight According to Percent Body Fat

A. Current Body Weight (BW): _____ lbs

B. Current Percent Body Fat (%BF)_____%

C. Fat Weight (FW) = BW x %BF _____ x _____ = _____lbs

D. Lean Body Mass (LBM) = BW – FW = _____ - _____ = _____ lbs

E. Age: _____years

F. Recommended Fat Percentage (RFP) Range (See Table 2.11 page 52)

   Low End of Recommended Fat Percent Range (LRFP): _____%
   (Physical Fitness Standard)
   High End of Recommended Fat Percent Range (HRFP): _____%
   (Health Fitness Standard)

G. Recommended Body Weight Range:

   Low End of Recommended Body Weight Range
   (LRBW): = LBM ÷ (1.0 – LRFP)

LRBW = _____ ÷ (1.0 – _____) = _____lbs

   High End of Recommended Body Weight Range
   (HRBW): = LBM ÷ (1.0 – HRFP)

HRBW = _____ ÷ (1.0 – _____) = _____lbs

Recommended Body Weight Range: **to   lbs**