

Initial Body Assessment Printable Log Sheet

Date of Assessment:

Time of Assessment:

Instructions: Take 3 measurements at each location. If a measurement is really different than another, start over until you can get close to repeating the measurements. Try to figure out why the measurements are so different and correct your errors.

#	Measurement	1	2	3
1	Body Weight			
2	Suprailiac Skinfold			
3	Waist at Navel			
4	Hips at Largest Point			
5	Chest/Back at Nipple			
6	Right Thigh			
7	Left Thigh			
8	Right Calf			
9	Left Calf			
10	Right Arm			
11	Left Arm			
12	Right Forearm			
13	Left Forearm			

1/16 0.0625	1/8 0.125	3/16 0.1875	1/4 0.25	5/16 0.3125	3/8 0.375	7/16 0.4375	1/2 0.5
9/16 0.5625	5/8 0.625	11/16 0.6875	3/4 0.75	13/16 0.8125	7/8 0.875	15/16 0.9375	16/16 1