UNITED STATES MARINE CORPS
TRAINING AND EDUCATION COMMAND
1019 ELLIOT ROAD
QUANTICO, VIRGINIA 22134-5027

IN REPLY REFER TO
1533
C46JR
2 Jul 15

MCJROTC POLICY LETTER 5-15

From: Director, Marine Corps Junior Reserve Officers' Training Corps (MCJROTC)
To: Distribution

Subj: MCJROTC BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM (MCJROTCBCMAP)

Ref: (a) MCO P1533.6E

Encl: (1) MCJROTCBCMAP Administration and Assignment Process
(2) MCJROTCBCMAP Procedural Guidance
(3) MCJROTC Height and Weight Standards Table
(4) MCJROTC Body Composition Standards Table

1. This policy provides procedural guidance for implementation of the MCJROTC Body Composition and Military Appearance Program (MCJROTCBCMAP). Every MCJROTC Instructor continues to wear the Marine Corps uniform and must present a suitable military appearance, regardless of age, grade, or gender.

2. MCJROTC instructors who fail to meet MCJROTC body composition standards will be notified and offered the opportunity to participate in a weight control program. Instructors who refuse to participate in the program or fail to achieve satisfactory progress towards meeting the MCJROTC required standards shall be decertified.

3. MCJROTC instructors will have from the issuance of this policy letter until 1 September 2015 to get in standard or provide medical documentation why standards cannot be attained.

4. Any instructor out of standard as of the date of this letter, who is due for recertification prior to 30 June 2016; will be recertified for a period of 1 year.

5. The process, procedural guidance, height, weight and body composition standards contained in the enclosures will apply until such time the reference is rewritten and published.

6. The point of contact for this Policy Letter is Mark Newbold, Academics and Compliance Manager at (202)725-0641 or mark.newbold0302@gmail.com

R. G. OLTMAN

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MCJROTC Instructors

ADMINISTRATION

1. Objective

a. The purpose of this program is to establish body composition standards and to ensure all MCJROTC instructors present a suitable military appearance.

b. It is not uncommon for Marine Instructors to experience weight gain and increased body fat as a result of decreased physical activity. Instructors may also experience weight gain as metabolic rates change with age when no corresponding reduction in caloric intake is made.

c. Instructors who meet established height, weight, body composition, and grooming and uniform standards will generally present a suitable military appearance. However, there are some Instructors that may meet all established standards yet still fail to present a suitable military appearance. The presentation of an unsuitable military appearance is inconsistent with the MCJROTC Leadership principle of setting the example. Simply put, Instructors who do not present a suitable military appearance fail to possess the qualities necessary to effectively lead.

d. Every MCJROTC instructor will conform to established MCJROTC weight and body composition standards and present a suitable military appearance, regardless of age, grade, or gender. MCJROTC instructors who exceed established MCJROTC weight and body composition standards will take the necessary action to return to standard within the prescribed timeline of this policy letter. Failure to do so shall result in decertification.

e. All Instructors will periodically be evaluated for weight and military appearance in accordance with the sequence described in enclosure (2). MCJROTC Regional Directors (RD's) are authorized to conduct MCJROTC instructor weigh-ins, body composition, or military appearance assessments. Weigh-ins will be conducted on the same day as the TECOM MCJROTC Inspector General Inspections and RD's may also perform weigh-ins while conducting unannounced inspections/unit site visits or at any other time they deem necessary.

2. Standards. This policy letter applies to all MCJROTC instructors, and specifically those instructors who exceed their maximum allowable weight and body fat percentage. MCJROTC instructors are considered to exceed standard when their body weight and body fat percentage exceeds the maximum allowable limits for their height as contained in enclosures (3) and (4).

3. Supervision. The Director, MCJROTC, has overall responsibility for the execution of the MCJROTCBCMAP. RD's are responsible for organizing

and conducting MAP assessments and making appropriate recommendations to the Director MCJROTC. The RD's or the instructor's Certified Healthcare Professional (CHP) are the only individuals authorized to perform height, weight and body composition measurements in conjunction with MAP assessments. Opposite sex evaluations shall be conducted by the local school nurse under the supervision of the Regional Director or the instructor's CHP. The RD will supervise the performance and progress of MCJRTOC Instructors assigned to BCP and MAP in accordance with the contents of this Policy Letter and guidance received from the Program Director. The MAP is comprised of all aspects of the MCJROTCBCMAP and is meant to be an organizational aid to improve military appearance and prevent MCJROTC Instructors from being assigned to the BCP.

4. Requirements, Procedures and Evaluations. Weigh-in and circumference evaluations will be conducted as outlined in enclosure (2).

5. Standards. MCJROTC Height/Weight/Body Composition Standards will be in accordance with enclosures (3) and (4).

ASSIGNMENT PROCESS

1. MCJROTC instructor's initial assignment to MCJROTCBCMAP will be for a period of six months. RD's will make a formal assignment in writing. If the MCJROTC instructor has made weight or is within body fat allowances at the end of the six month period, the RD will formally remove the MCJROTC instructor in writing from MCJROTCBCMAP. Copies of assignment to, and removal from, MCJROTCBCMAP letters will be provided to the Program Director for placement in the MCJROTC instructor's file.

2. MCJROTC instructors who are not within weight or body fat standards at the end of the six month period, but are making satisfactory progress as determined by the RD, may be granted a six month extension on the MCJROTCBCMAP by the Program Director. MCJROTC instructors granted a six month extension must be within weight or body fat standards at the end of the extension period or they shall be decertified.

3. Second assignment to MCJROTCBCMAP will only be considered if three full years have passed since initial assignment. Any relapse within that three year period shall result in decertification. There will be no third assignments to MCJROTCMCMAP.

4. RD's will report, via the TECOM MCJROTC CGIG Report, MCJROTC instructors that exceed both weight and body fat or present a poor military appearance.

5. Height/weight and body fat composition measurements will be conducted by the RD at the end of the six month assignment to MCJROTCBCMAP or by the instructor's CHP if the RD is not available. If measurements are

conducted by CHP, then a letter will be provided to the RD specifying the results of the measurements. The school nurse will not be used for the purposes of providing the required measurements.

6. MCJROTC instructors assigned to MCJROTCBCMAP who do not make satisfactory progress during the initial six month assignment shall be processed for decertification.

7. MCJROTC instructors that are overweight due to medical issues must provide a doctors letter explaining the medical reason the MCJROTC instructor is overweight. The Director, MCJROTC will determine if the MCJROTC instructor will be recertified based upon the prognosis of the doctor.

MCJROTCBCMAP Procedural Guidance

1. Uniform. The only authorized uniform for the weigh-in and Body Composition Evaluation (BCE) (if necessary) is the Marine Corps approved green-on-green T-shirt, shorts and socks. No other uniform or clothing garment is permitted. Shoes will be removed prior to evaluation.

2. Equipment. Height will be measured utilizing a standard, non-stretching fiberglass tape measure affixed to a vertical surface. The tape measure will be calibrated using a separate yardstick or metal ruler. Weight will be measured utilizing a calibrated digital or balance beam scale. Circumferences will be measured using a standard, non-stretching fiberglass tape measure. The tape measure will be calibrated using a separate yardstick or metal ruler. Cloth or steel tapes are not authorized. The tape measure width should be 1/4 - 3/8 inch.

3. Evaluations

a. Height Measurement. The MCJROTC instructor will stand with their back against the wall, heels flat on the deck, shoulders back, with arms to the side in a relaxed manner, and head straight forward. A ruler will be used to mark the MCJROTC instructor's exact height. Measurement will be recorded to the nearest inch. If the height fraction is less than 1/2 inch, round down to the nearest inch. If height fraction is 1/2 inch or more, round up.

b. Weight Measurement. Weight will be measured on a calibrated digital or balance beam scale in the required PT uniform, without running shoes. A one-pound reduction will be granted for the PT uniform; however, no other weight reductions are authorized. Measurement will be recorded to the nearest pound. If the weight fraction is 1/2 pound or less, round down to the nearest pound. If more than 1/2 pound, round up.

c. Circumference Measurement. Body composition will be estimated using the circumference-based method. No substitute BCE methods are permitted in accordance with reference (a). The Regional Director (RD) or Certified Healthcare Professional (CHP) are the only individuals authorized to perform height, weight and BCE's, if necessary. All measurements will be taken on bare skin, the only exception being the female hip measurement. A confirmation height/weight measurement will be performed prior to conducting a BCE. Without causing indentation, the tape will be applied to the skin with sufficient tension to hold it in place as the measurement is read. Circumference measurements will be taken three times in order to ensure accuracy. Each set of measurements will be completed sequentially to discourage assumption of repeated measurements of a specific region. The lowest measurement obtained will be utilized for MAP or BCP assessment purposes.

1. Male MCJROTC Instructors. Measurements for male MCJROTC instructors will be taken along the neck and abdominal circumference, at the navel. Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx and perpendicular to the long axis of the neck. The Instructor should look straight ahead during the measurement, with shoulders down, not hunched. For neck measurements, round up to the nearest 1/2-inch and record. Measure the abdominal circumference against the skin at the navel, level and parallel to the deck. Arms will be straight and relaxed at the sides. Take measurement at the end of the MCJROTC instructor's normal, relaxed exhalation. For abdominal measurements, round down to the nearest 1/2-inch and record. The circumference value is calculated by subtracting the neck from the abdominal measurement (abdominal - neck = circumference value). Male body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

2. Female MCJROTC Instructors. Measurements for female MCJROTC instructors will be taken along the neck, waist at the thinnest portion of the abdomen, and hips. Measurements for female Instructors will be performed by the local school nurse under the supervision of the Regional Director or the instructor's CHP. Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx and perpendicular to the long axis of the neck. The MCJROTC instructor should look straight ahead during the measurement, with shoulders down, not hunched. For neck measurements, round up to the nearest 1/2-inch and record. Measure the natural waist circumference against the skin at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breastbone). When this site is not easily observed, take several measurements at probable sites and use the smallest value. Ensure the tape is level and parallel to the deck. Arms will be straight and relaxed at the sides. Take measurements at the end of a normal, relaxed exhalation. For natural waist measurement, round down to the nearest 1/2-inch and record. Measure the hip circumference while facing the Instructor's right side by placing the tape around the hips so that it passes over the greatest protrusion of the buttocks as viewed from the side. Ensure the tape is level and parallel to the deck. Apply sufficient tension on the tape to minimize the effect of clothing. For hip measurement, round down to the nearest 1/2-inch and record. The circumference value is calculated by adding the waist and hip measurements and subtracting the neck measurement (waist + hip - neck = circumference value). Female body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

d. MAP Assessments. Regional Directors will conduct military appearance assessments based upon personal appearance indicators (personal hygiene, grooming and uniform wear) and improper distribution/excessive accumulation of body fat. Specific areas to be evaluated are:

1. Subjective Indicators

a. Uniform inspections (Service 'C' uniform).

b. Personnel inspections that focus on hygiene and grooming standards.

2. Objective Indicators

a. Established MCJROTC height/weight standards.

b. Established MCJROTC body fat percentages, by age group.

c. Established MCJROTC body composition standards. Specific target areas are: neck and abdomen for male Instructors, neck, waistline and hips for female Instructors.

MCJROTC Height/Weight/Body Composition Standards

Males

Height	Maximum Standard	Minimum Standard
58"	131	91
59"	136	94
60"	141	97
61"	145	100
62"	150	104
63"	155	107
64"	160	110
65"	165	114
66"	170	117
67"	175	121
68"	180	125
69"	186	128
70"	191	132
71"	197	136
72"	202	140
73"	208	144
74"	214	148
75"	220	152
76"	225	156
77"	231	160
78"	237	164
79"	244	168
80"	250	173

Females

Height	Maximum Standard	Minimum Standard
58"	119	91
59"	124	94
60"	128	97
61"	132	100
62"	136	104
63"	141	107
64"	145	110
65"	150	114
66"	155	117
67"	159	121
68"	164	125
69"	169	128
70"	174	132
71"	179	136
72"	184	140
73"	189	144
74"	194	148
75"	200	152
76"	205	156
77"	210	160
78"	216	164
79"	221	168
80"	227	173

MCJROTC Body Composition Standards

Males

Age 27-39 is 19%

Age 40-45 is 20%

Age 46-54 is 21%

Age 55+ is 22%

Females

Age 27-39 is 26%

Age 40-45 is 28%

Age 46-54 is 29%

Age 55+ is 30%

Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.5	9	9								
14.0	11	11	10	10	10	10	9	9		
14.5	12	12	12	11	11	11	11	10	10	10
15.0	13	13	13	13	12	12	12	12	11	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	16	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	18	17	17	17	17	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	24	23	23	23	23	22	22	22
20.5	25	25	25	24	24	24	24	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	27	26	26	26	26	25	25	25	25
22.0	28	27	27	27	27	26	26	26	26	25
22.5	29	28	28	28	28	27	27	27	27	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	32	32	32	32	31	31	31	31	30	30
25.5	33	33	33	32	32	32	32	31	31	31
26.0	34	34	33	33	33	33	32	32	32	32
26.5	35	34	34	34	34	33	33	33	33	32
27.0	35	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	36	36	36	36	35	35	35	35	34
28.5			37	37	36	36	36	36	35	35
29.0					37	37	37	36	36	36
29.5								37	37	36
30.0										
30.5										
31.0										
31.5										
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

* Circumference Value = abdomen circumference - neck circumference (in inches)

Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
13.5										
14.0										
14.5	10	9	9							
15.0	11	11	10	10	10	10	10	9	9	
15.5	12	12	12	11	11	11	11	11	10	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	12
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	18	17	17	17	17	16	16	16	16
18.5	19	19	18	18	18	18	17	17	17	17
19.0	20	20	19	19	19	19	18	18	18	18
19.5	21	21	20	20	20	20	19	19	19	19
20.0	22	21	21	21	21	21	20	20	20	20
20.5	23	22	22	22	22	21	21	21	21	21
21.0	24	23	23	23	23	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	23	22
22.0	25	25	25	25	24	24	24	24	23	23
22.5	26	26	26	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	26	25	25	25
23.5	28	27	27	27	27	27	26	26	26	26
24.0	28	28	28	28	28	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	31	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	32	32	32	32	32
28.0	34	34	34	34	33	33	33	33	32	32
28.5	35	35	34	34	34	34	34	33	33	33
29.0	36	35	35	35	35	34	34	34	34	34
29.5	36	36	36	36	35	35	35	35	34	34
30.0	37	37	36	36	36	36	35	35	35	35
30.5			37	37	37	36	36	36	36	35
31.0						37	37	36	36	36
31.5									37	37
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

* Circumference Value = abdomen circumference - neck circumference (in inches)

Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
13.5										
14.0										
14.5										
15.0										
15.5	10	10	9	9	9					
16.0	11	11	11	10	10	10	10	10	9	9
16.5	12	12	12	12	11	11	11	11	11	10
17.0	13	13	13	13	13	12	12	12	12	11
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	17	16	16	16	16	15	15	15	15	15
19.0	18	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	19	18	18	18	18	18
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	21	20	20	20	20	20	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	23	22	22	22	22	22	21	21
22.5	24	24	23	23	23	23	23	22	22	22
23.0	25	24	24	24	24	24	23	23	23	23
23.5	25	25	25	25	25	24	24	24	24	24
24.0	26	26	26	26	25	25	25	25	25	24
24.5	27	27	27	26	26	26	26	26	25	25
25.0	28	28	27	27	27	27	26	26	26	26
25.5	29	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	28	27
26.5	30	30	30	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	32	32	32	32	32	31	31	31	31
29.0	33	33	33	33	32	32	32	32	32	31
29.5	34	34	34	33	33	33	33	32	32	32
30.0	35	34	34	34	34	34	33	33	33	33
30.5	35	35	35	35	34	34	34	34	34	33
31.0	36	36	35	35	35	35	35	34	34	34
31.5	36	36	36	36	36	35	35	35	35	35
32.0	37	37	37	36	36	36	36	36	35	35
32.5				37	37	36	36	36	36	36
33.0							37	37	36	36
33.5										37
34.0										
34.5										

* Circumference Value = abdomen circumference - neck circumference (in inches)

Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
13.5										
14.0										
14.5										
15.0										
15.5										
16.0										
16.5	10	10	10	10	9	9				
17.0	11	11	11	11	10	10	10	10	10	9
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	17	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	19	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	20	19	19
22.5	22	22	21	21	21	21	21	20	20	20
23.0	23	22	22	22	22	22	21	21	21	21
23.5	23	23	23	23	23	22	22	22	22	22
24.0	24	24	24	24	23	23	23	23	23	22
24.5	25	25	25	24	24	24	24	24	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	27	26	26	26	26	26	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	29	28	28	28	28	28	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	29	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	32	32	32	32	32	31	31	31	31	31
30.5	33	33	33	32	32	32	32	32	32	31
31.0	34	33	33	33	33	33	33	32	32	32
31.5	34	34	34	34	33	33	33	33	33	33
32.0	35	35	34	34	34	34	34	33	33	33
32.5	35	35	35	35	35	34	34	34	34	34
33.0	36	36	36	35	35	35	35	35	34	34
33.5	37	36	36	36	36	36	35	35	35	35
34.0		37	37	37	36	36	36	36	36	35
34.5					37	37	37	36	36	36
35.0								37	37	36

* Circumference Value = abdomen circumference - neck circumference (in inches)

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
45.0	19									
45.5	20	20	19							
46.0	21	20	20	20	19					
46.5	21	21	21	20	20	20	19	19		
47.0	22	22	22	21	21	20	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	24	24	24	23	23	23	22	22	22	21
49.0	25	25	24	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	26	25	25	24	24	24	23
50.5	27	27	27	26	26	26	25	25	25	24
51.0	28	28	27	27	27	26	26	26	25	25
51.5	29	28	28	28	27	27	27	26	26	26
52.0	29	29	29	28	28	28	27	27	27	26
52.5	30	30	29	29	29	28	28	28	27	27
53.0	31	30	30	30	29	29	29	28	28	28
53.5	31	31	31	30	30	30	29	29	29	28
54.0	32	32	31	31	31	30	30	30	29	29
54.5	33	32	32	32	31	31	31	30	30	30
55.0	33	33	33	32	32	32	31	31	31	30
55.5	34	34	33	33	33	32	32	32	31	31
56.0	35	34	34	34	33	33	33	32	32	31
56.5	35	35	35	34	34	34	33	33	32	32
57.0	36	36	35	35	34	34	34	33	33	33
57.5	37	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	36	35	35	35
59.0	38	38	38	37	37	37	36	36	36	35
59.5	39	39	38	38	38	37	37	36	36	36
60.0	40	39	39	38	38	38	37	37	37	36
60.5	40	40	39	39	39	38	38	38	37	37
61.0	41	40	40	40	39	39	39	38	38	38
61.5	41	41	41	40	40	40	39	39	38	38
62.0	42	42	41	41	40	40	40	39	39	39

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
62.5	42	42	42	41	41	41	40	40	40	39
63.0	43	43	42	42	42	41	41	41	40	40
63.5	44	43	43	42	42	42	41	41	41	40
64.0	44	44	43	43	43	42	42	42	41	41
64.5	45	44	44	44	43	43	43	42	42	42
65.0	45	45	45	44	44	43	43	43	42	42
65.5	46	45	45	45	44	44	44	43	43	43
66.0	46	46	46	45	45	45	44	44	43	43
66.5	47	46	46	46	45	45	45	44	44	44
67.0			47	46	46	46	45	45	45	44
67.5				47	46	46	46	45	45	45
68.0					47	47	46	46	46	45
68.5							47	46	46	46
69.0								47	47	46
69.5										47
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										

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5	19	19								
48.0	20	20	20	19						
48.5	21	21	20	20	20	19				
49.0	22	21	21	21	20	20	20	19	19	
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	21	20
50.5	24	23	23	23	23	22	22	22	21	21
51.0	25	24	24	24	23	23	23	22	22	22
51.5	25	25	25	24	24	24	23	23	23	22
52.0	26	26	25	25	25	24	24	24	23	23
52.5	27	26	26	26	25	25	25	24	24	24
53.0	27	27	27	26	26	26	25	25	25	24
53.5	28	28	27	27	27	26	26	26	25	25
54.0	29	28	28	28	27	27	27	26	26	26
54.5	29	29	29	28	28	28	27	27	27	26
55.0	30	30	29	29	29	28	28	28	27	27
55.5	31	30	30	30	29	29	29	28	28	28
56.0	31	31	30	30	30	30	29	29	29	28
56.5	32	31	31	31	30	30	30	29	29	29
57.0	32	32	32	31	31	31	30	30	30	29
57.5	33	33	32	32	32	31	31	31	30	30
58.0	34	33	33	33	32	32	32	31	31	31
58.5	34	34	34	33	33	33	32	32	32	31
59.0	35	35	34	34	34	33	33	33	32	32
59.5	35	35	35	34	34	34	33	33	33	33
60.0	36	36	35	35	35	34	34	34	33	33
60.5	37	36	36	36	35	35	35	34	34	34
61.0	37	37	37	36	36	36	35	35	35	34
61.5	38	37	37	37	36	36	36	36	35	35
62.0	38	38	38	37	37	37	36	36	36	35

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46
72.0							47	47	46	46
72.5									47	47
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										

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46
72.0							47	47	46	46
72.5									47	47
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										

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46
72.0							47	47	46	46
72.5									47	47
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										

* Circumference Value = waist circumference + hip circumference - neck circumference

Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5										
48.0										
48.5										
49.0										
49.5										
50.0										
50.5										
51.0										
51.5										
52.0	20	19	19							
52.5	20	20	20	19	19					
53.0	21	21	20	20	20	20	19	19		
53.5	22	21	21	21	21	20	20	20	19	19
54.0	22	22	22	21	21	21	21	20	20	20
54.5	23	23	22	22	22	22	21	21	21	20
55.0	24	23	23	23	22	22	22	22	21	21
55.5	24	24	24	23	23	23	23	22	22	22
56.0	25	25	24	24	24	23	23	23	23	22
56.5	26	25	25	25	24	24	24	24	23	23
57.0	26	26	26	25	25	25	24	24	24	24
57.5	27	26	26	26	26	25	25	25	25	24
58.0	27	27	27	27	26	26	26	25	25	25
58.5	28	28	27	27	27	27	26	26	26	25
59.0	29	28	28	28	27	27	27	27	26	26
59.5	29	29	29	28	28	28	27	27	27	27
60.0	30	30	29	29	29	28	28	28	28	27
60.5	30	30	30	30	29	29	29	28	28	28
61.0	31	31	30	30	30	30	29	29	29	28
61.5	32	31	31	31	30	30	30	30	29	29
62.0	32	32	32	31	31	31	30	30	30	30

* Circumference Value = waist circumference + hip circumference - neck circumference