

Printable Body Fat Percentage Chart

ACSM body fat ranges by sex, plus how the common measurement methods compare. Reference ranges — not individual targets. Print at 100% scale.

BODY FAT RANGES BY SEX

ACSM framework (Guidelines, 11th ed.) · population descriptive ranges, not health targets

Essential fat

MEN 2–5% **WOMEN 10–13%**

Athletes

MEN 6–13% **WOMEN 14–20%**

Fitness

MEN 14–17% **WOMEN 21–24%**

Acceptable

MEN 18–24% **WOMEN 25–31%**

Obese

MEN $\geq 25\%$ **WOMEN $\geq 32\%$**

US NAVY CIRCUMFERENCE

$\pm 3\text{--}4\%$ · No cost, self-administered; useful for trend tracking.

SKINFOLD (3–7 SITE)

$\pm 3\text{--}4\%$ · Requires trained technician; inter-rater variability is high.

BIOELECTRICAL IMPEDANCE (BIA)

$\pm 3\text{--}5\%$ · Consumer scales and handheld devices; highly sensitive to protocol.

DEXA (DUAL-ENERGY X-RAY)

$\pm 1\text{--}2\%$ (reference) · Clinical setting; provides regional breakdown (trunk, limbs).

HYDROSTATIC WEIGHING

Reference method · Gold standard; requires specialized tank and trained staff.

US NAVY FORMULA

Estimates body fat from height, neck, and waist (plus hip for women) using a circumference equation (Hodgdon & Beckett, 1984). Standard error $\approx 3.5\text{--}3.7\%$; most reliable in the 10–30% range.

REFERENCE, NOT MEDICAL ADVICE

These are population descriptive ranges, not prescriptions. Body fat % varies by method, hydration, age, and sex. Talk to a qualified professional about your own health.