

# 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.