

Body Transformation Body Fat Charting

AGE	BODY FAT % CHART FOR MEN																
18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56+	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	LEAN				HEALTHY				AVERAGE				HEALTH RISK				

AGE	BODY FAT % CHART FOR WOMEN																
18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56+	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN				HEALTHY				AVERAGE				HEALTH RISK				

These body fat charts are based on research by Jackson and Pollock; which has become the industry standard. Once you've determined your body fat percentage and, using the appropriate gender chart; find your age to determine which category you fall under. If you are not satisfied with the results, this is the time to set your body fat percentage goal. Obtaining your body fat percentage before starting your lifestyle program is important to determine if your program is working. Checking your body fat percentage every two weeks **or** every five pound change in weight is ideal. Please note, it is to be checked when there is a 5 pound change in weight, not just weight loss. In the event you've gained weight, before you break out the tissue, find out which of the three elements was the culprit: fat, muscle or water. *(If it was fat, then you can break out the tissue, and give me a call immediately before you give up.)* 😊

It's also important to understand the difference in each category. The **LEAN** category typically involves three types of people: 1. Individuals with naturally high metabolism. 2. Individuals suffering with anorexia. 3. Certain athletics like bodybuilders; which may be temporary during competition season. The **HEALTHY** category is the ideal to eliminate health risks related to obesity. Remember, being in this category does not mean a person is disease free. It simply means the likely of having a disease related to excessive fat is minimized. The **AVERAGE** category is where the body may start producing warning signs like; feeling fatigue, getting out of breath easily, difficult sleeping, headaches, bloating, fogginess just to name a few. The **HEALTH RISK** category is where the onset of metabolic conditions are possible like: cancer, diabetes, stroke, heart attacks, organ failure and death.