


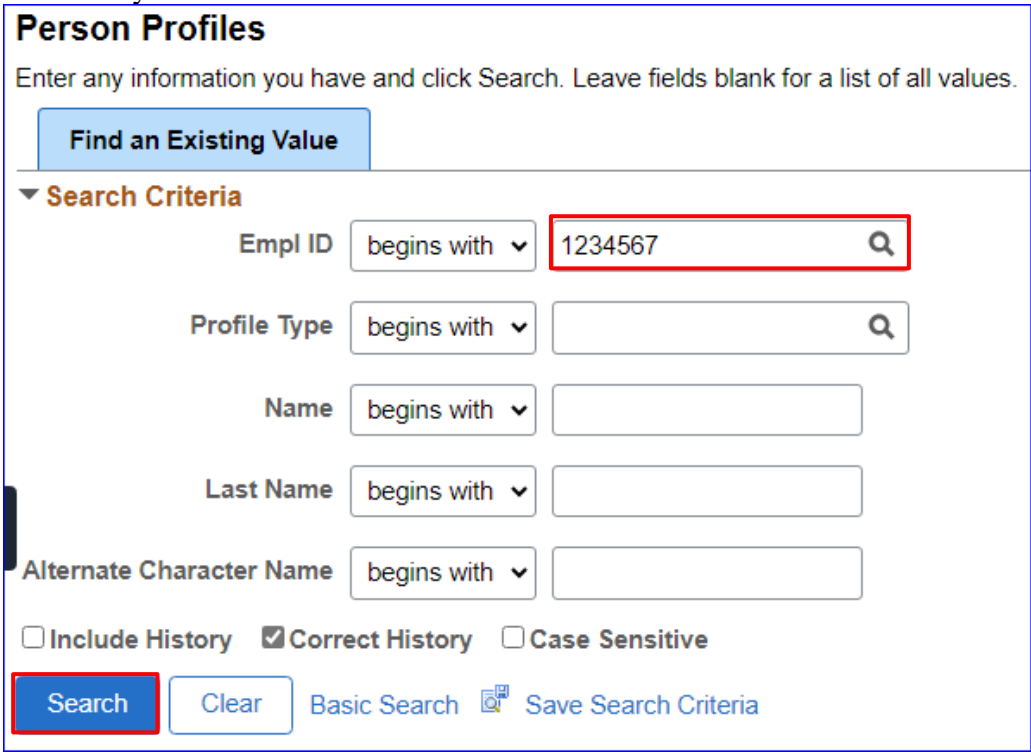
## Entering a Member's Weigh-In Data

<b>Introduction</b>	This guide provides the procedures for a Personnel and Administration (P&A) office or Command User to enter a member's Weigh-In data in Direct Access (DA).
<b>References</b>	<ul style="list-style-type: none"> <li>(a) <a href="#">Body Composition Standards Program, COMDTINST 1020.8 (series)</a></li> <li>(b) <a href="#">Coast Guard Body Composition Screening Desk Guide, CG-1331</a></li> <li>(c) <a href="#">CG-13 Coast Guard Body Composition Program</a></li> <li>(d) <a href="#">Video: Body Composition Pilot and AC Overview</a></li> <li>(e) <a href="#">USCG Body Composition Program FAQs</a></li> </ul>
<b>Body Composition Program Record of Screening Form</b>	<p>The Record of Body Composition Screening form <b>shall be completed</b> for each member. Click the link or print the form located at the end of this guide: <a href="#">Record of Body Composition Screening</a> form.</p> <p>The Body Composition Pilot Program Record of Screening form is also located on the <a href="#">CG-13's Body Composition Program</a> webpage.</p>
<b>PHS Detailed to USCG</b>	<p>PHS officers detailed to the USCG are required to meet CG weight standards. Weight entries for these officers shall be entered by the USCG P&amp;A Office or SPO. <b>Do not forward weigh-in data to CG-1122 for data entry.</b></p> <p><b>PHS officers detailed to the CG are required to meet CG weight standards. DA 9.1 does not allow weight entries for these officers. All weight data for PHS officers need to be emailed to CAPT Wade McConnell at Wade.B.McConnell@uscg.mil. CAPT McConnell will enter the data when this issue is fixed. Until this issue is resolved, PHS officers may show as non-compliant on rosters and/or queries.</b></p>
<b>Timing</b>	<p>Physical characteristics should be entered upon accession, semi-annually when the member is weighed, and within 30 days prior to the class convening date when the member is ordered to resident training. The member's weigh-in data must be updated if the member exceeds the maximum allowable weight (MAW) standards.</p> <p><b>Record all data in DA within 10 working days of each BCS. The entry must be made regardless of a member's compliance or non-compliance with body composition standards. When DA is offline, days will not count against the 10-day requirement.</b></p> <p><b>NOTE:</b> If a member has not conducted a height measurement during their current tour, one <b>must</b> be completed during the April weigh-in.</p>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures See below.

Step	Action
1	<p>Click on the <b>Person Profile</b> tile.</p> 
2	<p>Enter the member's <b>Empl ID</b> and click <b>Search</b>. The Correct History box is checked by default.</p> 

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step

3

Action

The member's Person Profile page will display. Select the **Mobility** tab.

Person Profile

Empl ID

1234567

Bruce Banner

Profile Type

PERSON

Person

\*Profile Status

Active

\*Description

Bruce Banner

Print

Comments

Profile Actions

[Select Action]

Competencies

Qualifications

Education

Mobility

Waivers

CAN

Competencies

1-4 of 4

View All

ID	Competency	Effective Date	Evaluation Type	Proficiency	View History
EPMEE7	EPME E7 ERATS	01/16/2020	Approved/Official	Good	
PAO	Payment Approving Official	04/07/2015	Approved/Official	Good	
YNC	YNC ERATS	01/10/2020	Approved/Official	Good	
YNL1	Legal Technician	08/19/2011	Approved/Official	Good	

+

Add New Competencies

▼

Officer Specialty Code

There are currently no Officer Specialty Code for this profile. Please add one if required.

▼

Profile Content

There are currently no for this profile. Please add one if required.

+

Add New

Save

Return to Search

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step

4

Action

The Mobility tab will display. There are two ways to enter a member’s weigh-in data:

1) Select **Member Weigh-In Data** and continue with Step 5, or

2) Select **Add New Weigh-In Information** and skip to Step 7.

Person Profile

Empl ID

1234567

Bruce Banner

Profile Type

PERSON

Person

\*Profile Status

Active

\*Description

Bruce Banner

x

Print

Comments

Profile Actions

[Select Action]

Competencies

Qualifications

Education

Mobility

Waivers

CAN

Physical Characteristics

1-1 of 1

View All

ID	Content Item ID	Eye Color	Hair Color	
PHYSCHAR	<a href="#">Physical Characteristics</a>	Brown	Brown	<div></div>

+

Add New Physical Characteristics

Weigh-In Information

1-1 of 1

View All

ID	Content Item ID	View History	
WEIGHIN	<a href="#">Member Weigh-In Data</a>	<div></div>	<div></div>

+

Add New Weigh-In Information

Save

Return to Search

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
5	<p>By selecting <b>Member Weigh-In Data</b>, the member's current weigh-in data will display. Click the (+) button to add a new row.</p> <div> <div>Details</div> <div> <div>1 of 19</div> <div>View All</div> </div> <div> <div>*Weigh-In Date</div> <div>04/28/2023</div> <div>+</div> <div>-</div> </div> <div> <div>Content Item ID</div> <div>WEIGHIN</div> <div>Member Weigh-In Data</div> </div> <div> <div>*Eff Status</div> <div>Active</div> </div> <div> <div>Weigh-In Reason</div> <div>SEMI</div> <div>Semi-annual</div> </div> <div> <div>Weigh-In Status</div> <div>AD</div> <div>Active Duty</div> </div> <div> <div>Height in Inches</div> <div>64</div> </div> <div> <div>Max Allowable Weight</div> <div>160.00</div> </div> <div> <div>Neck Size in Inches</div> <div></div> </div> <div> <div>Body Fat %</div> <div></div> </div> <div> <div>Waist Size in Inches</div> <div></div> </div> <div> <div>Hip Size Inches (Women only)</div> <div></div> </div> <div> <div>Circumference Value</div> <div></div> </div> <div> <div>AC Value</div> <div>35.5</div> <div>35.5</div> </div> <div> <div>Weight in Pounds</div> <div>210</div> </div> <div> <div>Medical Screening</div> <div></div> </div> <div> <div>Weight Over</div> <div>50.00</div> </div> <div> <div>Physical Fitness Test</div> <div></div> </div> <div> <div>Max Allowable Body Fat %</div> <div></div> </div> <div> <div>Abeyance</div> <div></div> </div> <div> <div><input type="checkbox"/> Overweight?</div> </div> <div> <div>Compliant</div> <div>YES</div> <div>Yes</div> </div> <div> <div><input type="checkbox"/> Height Retaken?</div> </div> <div> <div>Remarks</div> <div>bcc</div> <div>251 characters remaining</div> </div> <div> <div>OK</div> <div>Cancel</div> </div> </div>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
6	<p>A new row will display, carrying over much of the information from the previous row. To continue, skip to Step 8.</p> <div> <div>Details</div> <div> <div>1 of 20</div> <div>View All</div> </div> <div> <div>*Weigh-In Date</div> <div>04/28/2023</div> <div>+</div> <div>-</div> </div> <div> <div>Content Item ID</div> <div>WEIGHIN</div> <div>Member Weigh-In Data</div> </div> <div> <div>*Eff Status</div> <div>Active</div> </div> <div> <div>Weigh-In Reason</div> <div>SEMI</div> <div>Semi-annual</div> </div> <div> <div>Weigh-In Status</div> <div>AD</div> <div>Active Duty</div> </div> <div> <div>Height in Inches</div> <div>64</div> </div> <div> <div>Max Allowable Weight</div> <div>160.00</div> </div> <div> <div>Neck Size in Inches</div> <div></div> </div> <div> <div>Body Fat %</div> <div></div> </div> <div> <div>Waist Size in Inches</div> <div></div> </div> <div> <div>Hip Size Inches (Women only)</div> <div></div> </div> <div> <div>Circumference Value</div> <div></div> </div> <div> <div>AC Value</div> <div>35.5</div> <div>35.5</div> </div> <div> <div>Weight in Pounds</div> <div>210</div> </div> <div> <div>Medical Screening</div> <div></div> </div> <div> <div>Weight Over</div> <div>50.00</div> </div> <div> <div>Physical Fitness Test</div> <div></div> </div> <div> <div>Max Allowable Body Fat %</div> <div></div> </div> <div> <div>Abeyance</div> <div></div> </div> <div> <div><input type="checkbox"/> Overweight?</div> </div> <div> <div>Compliant</div> <div>YES</div> <div>Yes</div> </div> <div> <div><input type="checkbox"/> Height Retaken?</div> </div> <div> <div>Remarks</div> <div>bcc</div> <div>251 characters remaining</div> </div> <div> <div>OK</div> <div>Cancel</div> </div> </div>

*Continued on next page*

Step	Action
7	By selecting <b>Add New Weigh-In Information</b> , a new row is automatically generated. Continue to Step 8.

Details

10/24/2023

+

\*Content Item ID

\*Eff Status

Active

Weigh-In Reason

Weigh-In Status

Height in Inches

Max Allowable Weight

Neck Size in Inches

Body Fat %

Waist Size in Inches

Hip Size Inches (Women only)

Circumference Value

AC Value

Weight in Pounds

Medical Screening

NA

Not Applicable

Weight Over

Physical Fitness Test

NA

Not Applicable

Max Allowable Body Fat %

Abeyance

NA

Not Applicable

Overweight?

Compliant

Height Retaken?

Remarks

254 characters remaining

OK

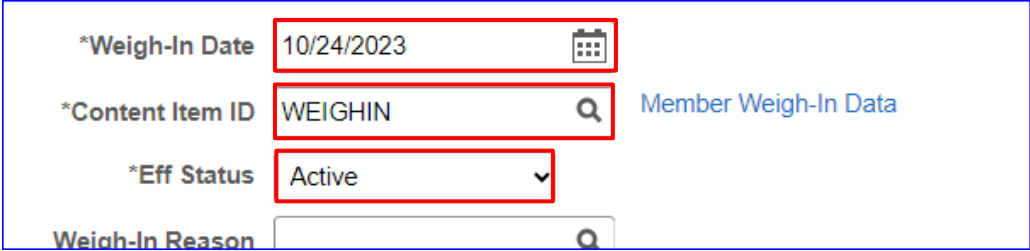
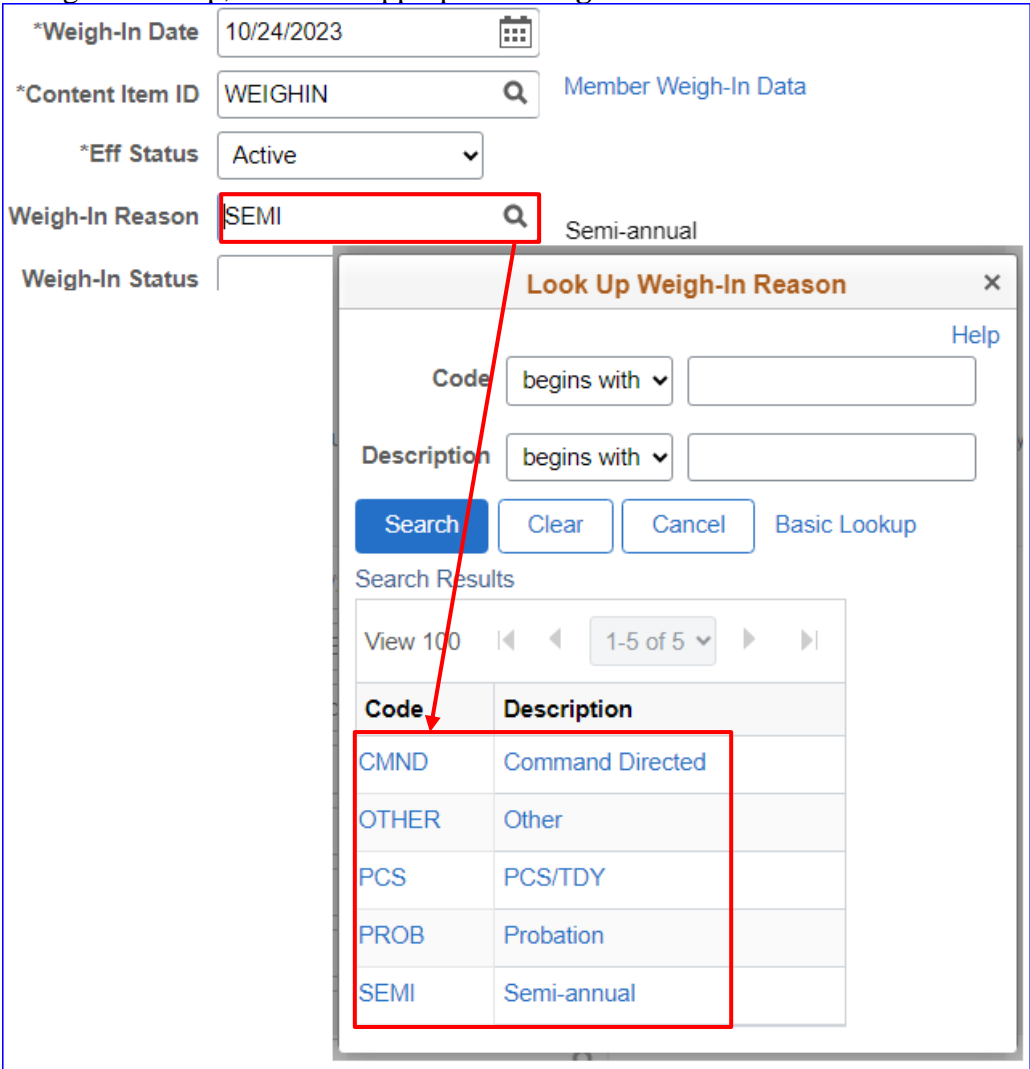
Cancel

Apply and Add Another

7

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
8	<p>The Weigh-In Date will default to the current date. Update the <b>Weigh-In Date</b> as appropriate. Using the <b>Content Item ID</b> lookup, select WEIGHIN and ensure the <b>Eff Status</b> indicates Active.</p> 
9	<p>Using the lookup, select the appropriate <b>Weigh-In Reason</b>.</p> 

*Continued on next page*



## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action						
10	<p>Using the lookup, select the appropriate <b>Weigh-In Status</b>.</p> <div> <div> <div>*Weigh-In Date</div><div>10/24/2023</div><div></div> </div> <div> <div>*Content Item ID</div><div>WEIGHIN</div><div></div> </div> <div> <div>*Eff Status</div><div>Active</div><div></div> </div> <div> <div>Weigh-In Reason</div><div>SEMI</div><div></div> </div> <div> <div>Weigh-In Status</div><div>AD</div><div></div> </div> <div> <div>Height in Inches</div><div></div><div></div> </div> </div> <div> <div>Member Weigh-In Data</div> <div>Semi-annual</div> <div>Active Duty</div> </div> <div> <div>Look Up Weigh-In Status</div><div></div> <div> <div>Code</div><div>begins with</div><div></div> </div> <div> <div>Description</div><div>begins with</div><div></div> </div> <div> <div>Search</div><div>Clear</div><div>Cancel</div><div>Basic Lookup</div> </div> <div> <div>Search Results</div> <div>View 100</div><div>1-2 of 2</div> <table border="1"> <thead> <tr> <th>Code</th><th>Description</th></tr> </thead> <tbody> <tr> <td>AD</td><td>Active Duty</td></tr> <tr> <td>RSV</td><td>Reservists</td></tr> </tbody> </table> </div> </div>	Code	Description	AD	Active Duty	RSV	Reservists
Code	Description						
AD	Active Duty						
RSV	Reservists						

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
11	<p>Enter the following information as required by <a href="#">reference (a)</a> and <a href="#">reference (b)</a>:</p> <ul style="list-style-type: none"> <li>• <b>Height In Inches</b> – Enter the member's height to the <b>nearest whole inch</b>. (For example, 65.3 would be recorded as 65 inches; 67.6 would be recorded as 68 inches.)</li> <li>• <b>Max Allowable Weight (MAW)</b> – Enter the member's maximum allowable weight per reference (a).</li> <li>• <b>Neck Size in Inches</b> – Using the lookup, select the appropriate neck measurement. (Remember: Neck size is always rounded <b>up</b> to the <b>nearest half-inch</b>. For example, 14.2 would be recorded as 14.5 inches; 15.5 would be recorded as 16.)</li> <li>• <b>Body Fat %</b> – Using the charts provided in reference (a), enter the member's body fat percentage.</li> <li>• <b>Waist Size in Inches</b> – Using the lookup, select the appropriate measurement. (Remember: Waist is always rounded <b>down</b> to the <b>nearest half inch</b>. For example, 32.3 would be recorded as 32 inches; 34.6 would be recorded as 34.5 inches.)</li> <li>• <b>Hip Size Inches (Women only)</b> – Using the lookup, select the appropriate measurement. (Remember: Hip measurements are always rounded <b>down</b> to the <b>nearest half inch</b>. For example, 38.1 would be recorded as 38 inches; 38.7 would be recorded as 38.5 inches.)</li> </ul> <div> <div>Height in Inches</div> <div>Max Allowable Weight</div> <div>Neck Size in Inches</div> <div>Body Fat %</div> <div>Waist Size in Inches</div> <div>Hip Size Inches (Women only)</div> </div>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued





Procedures,  
continued

Step	Action
12	<p>If the member has <b>exceeded</b> their MAW, enter the <b>Circumference Value (CV)</b> and/or the <b>Abdominal Circumference (AC) Value</b> in inches, rounded <b>down</b> to the nearest half-inch.</p> <p>Circumference values are calculated from the formulas below and compared with the member's height to determine estimated body fat percentage (see the charts provided in enclosure 2 of reference (a) to determine body fat %).</p> <ul style="list-style-type: none"> <li>• <b>Male CV</b> = Abdomen circumference – Neck circumference (in inches)</li> <li>• <b>Female CV</b> = Waist circumference + Buttocks circumference – Neck circumference (in inches)</li> </ul> <p>For guidance on how to measure the <b>Abdominal Circumference</b>, see the <a href="#">Video on the Body Composition Pilot Program and AC Overview</a> found on CG-13's webpage.</p> <div data-bbox="336 956 1094 1115"> <div> Circumference Value <input type="text"/> </div> <div> AC Value <input type="text"/> </div> </div>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
13	<p>Enter the following information as required by reference (a) and reference (b):</p> <ul style="list-style-type: none"> <li>• <b>Weight in Pounds</b> – Enter the member's weight to the <b>nearest whole pound</b> (i.e. 215.4 = 215; 215.7 = 216).</li> <li>• <b>Medical Screening</b> – Defaults to NA (Not Applicable). If applicable, use the lookup to select the appropriate entry.</li> <li>• <b>Weight Over</b> – If the member is over the MAW, enter the number of pounds over their MAW.</li> <li>• <b>Physical Fitness Test</b> – Defaults to NA (Not Applicable). If applicable, use the lookup to select the appropriate entry.</li> <li>• <b>Max Allowable Body Fat %</b> – Enter the member's maximum allowable body fat % per reference (a).</li> <li>• <b>Abeyance</b> – Defaults to NA (Not Applicable). If applicable, use the lookup to select the appropriate entry.</li> <li>• <b>Overweight?</b> – Check this box if the member exceeds their MAW <b>and</b> Max Body Fat %.</li> <li>• <b>Compliant</b> – Use the lookup to select the appropriate entry.</li> <li>• <b>Height Retaken?</b> – Check this box if the member's height was retaken for this weigh-in.</li> </ul> <div> <div> Weight in Pounds <input type="text"/>  Medical Screening <input type="text" value="NA"/>   Weight Over <input type="text"/>  Physical Fitness Test <input type="text" value="NA"/>   Max Allowable Body Fat % <input type="text"/>  Abeyance <input type="text" value="NA"/>   <input type="checkbox"/> Overweight?  Compliant <input type="text"/>   <input type="checkbox"/> Height Retaken? </div> <div> Not Applicable   Not Applicable   Not Applicable </div> </div>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action
14	<p>Enter <b>Remarks</b> as appropriate.</p> <p>Once all the fields have been updated as necessary, click <b>OK</b>.</p> <div> <div>Details</div> <div> <div>*Weigh-In Date 10/24/2023</div> <div>*Content Item ID WEIGHIN</div> <div>*Eff Status Active</div> <div>Weigh-In Reason SEMI</div> <div>Weigh-In Status AD</div> <div>Height in Inches 64</div> <div>Max Allowable Weight 160.00</div> <div>Neck Size in Inches</div> <div>Body Fat %</div> <div>Waist Size in Inches</div> <div>Hip Size Inches (Women only)</div> <div>Circumference Value</div> <div>AC Value 35.5</div> <div>Weight in Pounds 210</div> <div>Medical Screening NA</div> <div>Weight Over 50.00</div> <div>Physical Fitness Test NA</div> <div>Max Allowable Body Fat %</div> <div>Abeyance NA</div> <div>Compliant YES</div> <div>Remarks bcc</div> <div>251 characters remaining</div> <div> <div>OK</div> <div>Cancel</div> <div>Apply and Add Another</div> </div> </div> </div>

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step	Action																		
15	<p><b>Click Save.</b></p> <div> <p><b>Person Profile</b></p> <p>Empl ID 1234567 <span style="float: right;">Bruce Banner</span></p> <p>Profile Type PERSON <span style="float: right;">Person</span></p> <p>*Profile Status Active <input type="button" value="v"/></p> <p>*Description Bruce Banner <input type="button" value="x"/></p> <hr/> <p> Print  Comments <span style="float: right;">Profile Actions [Select Action] <input type="button" value="v"/> </span></p> <hr/> <p> <input type="button" value="Competencies"/> <input type="button" value="Qualifications"/> <input type="button" value="Education"/> <input type="button" value="Mobility"/> <input type="button" value="Waivers"/> <input type="button" value="CAN"/> </p> <p><b>Physical Characteristics</b></p> <p> <span style="float: right;">1-1 of 1 <input type="button" value="v"/>     View All</span> </p> <table border="1"> <thead> <tr> <th>ID</th><th>Content Item ID</th><th>Eye Color</th><th>Hair Color</th><th></th></tr> </thead> <tbody> <tr> <td>PHYSCHAR</td><td><a href="#">Physical Characteristics</a></td><td>Brown</td><td>Brown</td><td></td></tr> </tbody> </table> <p> <a href="#">Add New Physical Characteristics</a></p> <p><b>Weigh-In Information</b></p> <p> <span style="float: right;">1-1 of 1 <input type="button" value="v"/>     View All</span> </p> <table border="1"> <thead> <tr> <th>ID</th><th>Content Item ID</th><th>View History</th><th></th></tr> </thead> <tbody> <tr> <td>WEIGHIN</td><td><a href="#">Member Weigh-In Data</a></td><td></td><td></td></tr> </tbody> </table> <p> <a href="#">Add New Weigh-In Information</a></p> <p><span style="border: 2px solid red; padding: 2px;">Save</span></p> <p><a href="#">Return to Search</a></p> </div>	ID	Content Item ID	Eye Color	Hair Color		PHYSCHAR	<a href="#">Physical Characteristics</a>	Brown	Brown		ID	Content Item ID	View History		WEIGHIN	<a href="#">Member Weigh-In Data</a>		
ID	Content Item ID	Eye Color	Hair Color																
PHYSCHAR	<a href="#">Physical Characteristics</a>	Brown	Brown																
ID	Content Item ID	View History																	
WEIGHIN	<a href="#">Member Weigh-In Data</a>																		

*Continued on next page*

## Entering a Member's Weigh-In Data, Continued

Procedures,  
continued

Step

16

Action

Once saved, a **confirmation message** will display. Click **Return to Search** to enter Weigh-In data for another member or click the Home button to return to the My Homepage screen.

Person Profile

Empl ID

1234567

Profile Type

PERSON

\*Profile Status

Active

\*Description

Bruce Banner

x

Bruce Banner

Person

Print

Comments

Profile Actions

[Select Action]

You have successfully saved those profile changes that do not require approval.

Competencies

Qualifications

Education

Mobility

Waivers

CAN

Physical Characteristics

Q

1-1 of 1

View All

ID

Content Item ID

Eye Color

Hair Color

PHYSCHAR

Physical Characteristics

Brown

Brown

Add New Physical Characteristics

Weigh-In Information

Q

1-1 of 1

View All

ID

Content Item ID

View History

WEIGHIN

Member Weigh-In Data

Add New Weigh-In Information

Save

Return to Search

24 October 2023

# Record of Body Composition Screening

## PRIVACY ACT STATEMENT

Pursuant to 5 U.S.C. §552a(e)(3), this Privacy Act Statement serves to inform you of why DHS is requesting the information on this form.

**AUTHORITY:** U.S. Coast Guard Weight and Body Fat Standards Program Manual, COMDTINST M1020.8 (series); DoD Instruction 1308.3 (November 5, 2002)

**PURPOSE:** To determine if a United States Coast Guard (USCG) military members meets weight and body composition requirements.

**ROUTINE USES:** Authorized USCG officials will use this information to determine if a USCG military members meet weight and body composition requirements. Any external disclosures of information within this record will be made in accordance with DHS/USCG-014, Military Pay and Personnel, 76 Federal Register 66933 (October 28, 2011).

**DISCLOSURE:** The information collected on this form is part of the requirements of your military service in the U.S. Coast Guard

**DATE:** \_\_\_\_\_

☐ Semi Annual

☐ Other/ Reason for screening (i.e. probation/PCS): \_\_\_\_\_

**EMPLID:** \_\_\_\_\_ **NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

LAST

FIRST

### 1. All members, initial weight screening, no footwear

### 2. Max Allowable Body Fat %

<b>Height</b> Round to the nearest whole number	_____ inches
<b>MAX Allowable weight per BMI table</b>	_____ pounds
<b>Weight</b> Round to the nearest whole number	_____ Pounds

AGE	MAXIMUM BODY FAT		MAX body Fat
	MEN	WOMEN	
LESS THAN 30	22%	32%	
LESS THAN 40	24%	34%	
40 and above	26%	36%	

### 3. Circumference Value (CV)

**NOTE:** Three complete readings are required, must utilize tension tape. Compare the three totals. Is any difference greater than 1 inch? If yes, complete set 4 and see block 5.

\*\*\* Additional Body Composition Screening sheet REQUIRED if conducting measurement with and without clothing for buttocks area ONLY.

	<b>Waist</b> Round down to nearest half-inch. Measure over the bellybutton for males, smallest point for females.	<b>+Buttocks (females only, use 0 for males)</b> Round down to nearest half-inch. Measure the widest point when viewed from side. <b>Over Clothing</b> Y____ N____	<b>-Neck</b> Round up to nearest half-inch, measure below larynx	<b>= Total</b>
<b>Set 1</b>		+	-	=
<b>Set 2</b>		+	-	=
<b>Set 3</b>		+	-	=
<b>Set 4 (if needed)</b>		+	-	=
<b>Enter Circumference Value (CV) as determined below</b>			<b>Inches</b>	
<b>Enter Body fat from CIM 1020.8H enclosure (2)</b>			<b>%</b>	

### 4. Abdominal Circumference (AC)

**Note:** Three complete readings are required, must utilize tension tape. Compare the three totals. Is any difference greater than 1 inch? If yes, complete set 4 and see block 5.

	<b>MEN</b> <b>MAX 39 INCHES</b> Round down to nearest half-inch. Measure directly above the hip-bone (iliac crest)	<b>WOMEN</b> <b>MAX 35.5 INCHES</b> Round down to nearest half-inch. Measure directly above the hip-bone (iliac crest)
<b>Set 1</b>		
<b>Set 2</b>		
<b>Set 3</b>		
<b>Set 4 (if needed)</b>		
<b>Total AC</b>		<b>INCHES</b>

### 5. AC/ CV Average (if needed)

Add the three closest totals from sets 1-4 together then divide by three to find an average.  
Round the average down to the nearest 0.5:  
( \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ ) ÷ 3 = \_\_\_\_\_ **CV/AC to enter in block 2 or 4**

I agree that the above measurements are accurate and I am aware of the current Body Composition Standards.

**Member (Print and Sign):** \_\_\_\_\_

**Taper (Print and Sign):** \_\_\_\_\_

**Observer (Print and Sign):** \_\_\_\_\_

**CMD Witness (Print and Sign):** \_\_\_\_\_

**DA Entry (Print and Sign):** \_\_\_\_\_

HEIGHT	WEIGHT
58; 4'10"	131
59; 4'11"	136
60; 5'0"	141
61; 5'1"	145
62; 5'2"	150
63; 5'3"	155
64; 5'4"	160
65; 5'5"	165
66; 5'6 "	170
67; 5'7"	175
68; 5'8"	180
69; 5'9"	186
70; 5'10"	191
71; 5'11"	197
72; 6'0"	202
73; 6'1"	208
74; 6'2"	214
75; 6'3"	220
76; 6'4"	225
77; 6'5"	231
78; 6'6"	237
79; 6'7"	244
80; 6'8"	250