

# 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:** \_\_\_\_\_

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

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

### 2. Max Allowable Body Fat %

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.

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

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

	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

### 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):** \_\_\_\_\_

Overall Compliance

Y  N