

body type: \_\_\_\_\_

# IDEAL BODY WEIGHT

NAME \_\_\_\_\_ DATE \_\_\_\_\_ CLASS \_\_\_\_\_

**PURPOSE:** To help you determine your ideal body weight.

**PROCEDURE:** Using data from the body composition assessment in Activity 2-1, complete the following.

- Determine your current body weight. Do not wear shoes when weighing on a scale.
- Determine your percent of body fat by using the sum of triceps and calf skinfolds and corresponding percent body fat chart on the next page.

Triceps Skinfold \_\_\_\_\_ mm  
 + Calf Skinfold \_\_\_\_\_ mm      Percent of Body Fat \_\_\_\_\_ %  
 Sum = \_\_\_\_\_ mm

- Determine your fat weight by multiplying your weight times your percent of body fat.

Weight \_\_\_\_\_  
 × % Fat \_\_\_\_\_ × \_\_\_\_\_  
 Fat Weight = \_\_\_\_\_

- Determine your lean body weight (LBW) by subtracting your fat weight from your weight.

Weight \_\_\_\_\_  
 - Fat Wt. - \_\_\_\_\_  
 LBW = \_\_\_\_\_

- Determine your range of ideal body weight by dividing .79 and .86 for females and .85 and .91 for males into your lean body weight. An acceptable range of body fat for teenagers is 9 to 15 percent for males and 14 to 21 percent for females.

## FEMALES

Ideal Minimum =  $\frac{\text{Lean Body Weight}}{.86}$  = \_\_\_\_\_ = \_\_\_\_\_ lbs.  
 (14% fat)

Ideal Maximum =  $\frac{\text{Lean Body Weight}}{.79}$  = \_\_\_\_\_ = \_\_\_\_\_ lbs.  
 (21% fat)

## MALES

Ideal Minimum =  $\frac{\text{Lean Body Weight}}{.91}$  = \_\_\_\_\_ = \_\_\_\_\_ lbs.  
 (9% fat)

Ideal Maximum =  $\frac{\text{Lean Body Weight}}{.85}$  = \_\_\_\_\_ = \_\_\_\_\_ lbs.  
 (15% fat)

6. Determine your ideal body weight by dividing your ideal percent of lean body weight into your lean body weight.

Lean Body Weight = \_\_\_\_\_ = \_\_\_\_\_ lbs.

Ideal % LBW

7. How many pounds are you currently over or under your ideal body weight? \_\_\_\_\_

**SUM OF TRICEPS AND CALF SKINFOLDS  
AND CORRESPONDING PERCENT BODY FAT**

Females							
Sum mm	% Fat	Sum mm	% Fat	Sum mm	% Fat	Sum mm	% Fat
1	6	16	15	31	24	46	33
2	6	17	16	32	25	47	34
3	7	18	16	33	25	48	34
4	8	19	17	34	26	49	35
5	8	20	17	35	27	50	36
6	9	21	18	36	27	51	36
7	9	22	19	37	28	52	37
8	10	23	19	38	28	53	37
9	11	24	20	39	29	54	38
10	11	25	20	40	30	55	39
11	12	26	21	41	30	56	39
12	12	27	22	42	31	57	40
13	13	28	22	43	31	58	41
14	14	29	23	44	32	59	41
15	14	30	23	45	33	60	42
Males							
Sum mm	% Fat	Sum mm	% Fat	Sum mm	% Fat	Sum mm	% Fat
1	2	16	13	31	24	46	35
2	3	17	14	32	25	47	36
3	3	18	14	33	25	48	36
4	4	19	15	34	26	49	37
5	5	20	16	35	27	50	38
6	5	21	16	36	28	51	39
7	6	22	17	37	28	52	39
8	7	23	18	38	29	53	40
9	8	24	19	39	30	54	41
10	8	25	19	40	30	55	41
11	9	26	20	41	31	56	42
12	10	27	21	42	32	57	43
13	11	28	22	43	33	58	44
14	11	29	22	44	33	59	44
15	12	30	23	45	34	60	45