ALARACT 032/2025

DTG: R 32030Z MAR 25

UNCLAS

SUBJECT: ALARACT 032/2025 – NOTIFICATION OF NEW ARMY BODY FAT ASSESSMENT FOR THE ARMY BODY COMPOSITION PROGRAM

THIS ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF HQDA, DCS, G–1

SUBJECT: THIS ALARACT MESSAGE REPLACES ALARACT 053/2024, WHICH IS NOW INACTIVE.

1. (U) REFERENCES:

1.A. (U) AR 350–1, ARMY TRAINING AND LEADER DEVELOPMENT

1.B. (U) AR 600–9, THE ARMY BODY COMPOSITION PROGRAM

1.C. (U) ARMY DIRECTIVE 2023–08, ARMY BODY FAT ASSESSMENT EXEMPTION FOR ARMY COMBAT FITNESS TEST SCORE

1.D. (U) ARMY DIRECTIVE 2023–11, ARMY BODY FAT ASSESSMENT FOR THE ARMY BODY COMPOSITION PROGRAM

1.E. (U) AR 600–8–2, SUSPENSION OF FAVORABLE PERSONNEL ACTIONS (FLAG)

1.F. (U) ATP 7–22.01, HOLISTIC HEALTH AND FITNESS TESTING

1.G. (U) DODI 1308.03, DOD PHYSICAL FITNESS/BODY COMPOSITION PROGRAM

2. (U) PURPOSE: THIS MESSAGE IS TO PROVIDE NOTICE THAT REFERENCE 1.B. IS BEING REVISED AND EFFECTIVE 09 JUNE 2023, THE ONE–SITE CIRCUMFERENCE–BASED TAPE METHOD AND SUPPLEMENTAL BODY FAT ASSESSMENT (SEE ATTACHMENT 1) ARE THE ONLY AUTHORIZED METHODS FOR MEASURING BODY COMPOSITION. THE PROCEDURAL MODIFICATIONS TO REFERENCE 1.B. ARE IN THE IMPLEMENTING GUIDANCE OF THIS ALARACT (ATTACHMENT 1).

3. (U) APPLICABILITY: THIS MESSAGE APPLIES TO THE REGULAR ARMY, U.S. ARMY RESERVE, AND ARMY NATIONAL GUARD/ARMY NATIONAL GUARD OF THE UNITED STATES.

4. (U) SITUATION: PURSUANT TO REFERENCE 1.D., THE ONLY U.S. ARMY–AUTHORIZED METHODS OF ESTIMATING BODY FAT ARE THE ONE–SITE

CIRCUMFERENCE–BASED TAPE METHOD AND THE SUPPLEMENTAL BODY FAT ASSESSMENT.

5. (U) IMPLEMENTATION GUIDANCE:

5.A. (U) THIS IMPLEMENTING GUIDANCE APPLIES TO ALL SOLDIERS, ALL CADETS OF THE UNITED STATES MILITARY ACADEMY AND SENIOR RESERVE OFFICERS' TRAINING CORPS, ALL RETENTION ACTIONS, AND ALL MILITARY SCHOOLS AND PROFESSIONAL MILITARY COURSES AS OUTLINED IN REFERENCE 1.A.

5.B. (U) THIS GUIDANCE IMPLEMENTS MODIFICATIONS TO THE ARMY BODY COMPOSITION PROGRAM THAT ADDRESSES FINDINGS FROM SCIENTIFIC ASSESSMENTS OF THE CURRENT BODY COMPOSITION PROGRAM.

5.C. (U) PURSUANT TO REFERENCE 1.D., EFFECTIVE 09 JUNE 2023, ALL ARMY COMPONENTS WILL UTILIZE A ONE–SITE (ABDOMEN) BODY CIRCUMFERENCE–BASED TAPE METHOD AND CORRESPONDING CALCULATION MODEL FOR MALES AND FEMALES, RESPECTIVELY.

5.D. (U) SOLDIERS WHO SUCCESSFULLY COMPLETED A MULTI–SITE CIRCUMFERENCE–BASED TAPE TEST WITHIN 8 MONTHS FOR COMPO 1 AND 14 MONTHS FOR COMPO 2 AND 3 OF 09 JUNE 2023, DO NOT NEED TO "RE–DO" THEIR BODY COMPOSITION TAPE TEST TO MEET THE ONE–SITE BODY COMPOSITION TAPE TEST STANDARDS UNTIL THEIR NEXT RECORD WEIGHT FOR HEIGHT SCREENING AND BODY COMPOSITION ASSESSMENT.

5.E. (U) THE ONE–SITE TAPE TEST CIRCUMFERENCE CHARTS FOR MALES (SEE ATTACHMENT 2) AND FEMALES (SEE ATTACHMENT 3) ARE ATTACHED TO THIS ALARACT.

5.F. (U) AS PRESCRIBED IN REFERENCE 1.B., APPENDIX B, OF DA FORM 5500 (BODY FAT CONTENT WORKSHEET (MALE)) OR DA FORM 5501 (BODY FAT CONTENT WORKSHEET (FEMALE)) MUST BE COMPLETED FOR SOLDIERS WHO EXCEED THE WEIGHT FOR HEIGHT TABLE (SEE TABLE B–1 IN ATTACHMENT 1).

5.G. (U) SOLDIERS WHO QUALIFY FOR THE 540 PLUS ARMY COMBAT FITNESS TEST EXEMPTION UNDER REFERENCE 1.C. WILL ONLY BE REQUIRED TO FILL OUT THEIR NAME, RANK, HEIGHT, AND WEIGHT ON THE FORM FOR ADMINISTRATIVE PURPOSES. THE UPDATED DA FORM 5500 AND DA FORM 5501 ARE LOCATED ON THE ARMY PUBLISHING DIRECTORATE WEBSITE. THE FORMS PROVIDE A BOX TO INITIAL IF THE SOLDIER MEETS THE 540 PLUS ARMY COMBAT FITNESS TEST BODY FAT ASSESSMENT EXEMPTION BUT EXCEEDS HEIGHT AND WEIGHT TABLE (SEE REFERENCE 1.C. FOR 540 EXEMPTION CRITERIA).

5.H. (U) PURSUANT TO REFERENCE 1.D., ALL SOLDIERS WHO FAIL THE FIRST BODY FAT TAPE TEST AND FOLLOW–ON CONFIRMATION TAPE TEST ASSESSMENTS ARE AUTHORIZED TO REQUEST, SUBJECT TO THE

APPROPRIATE COMMANDER'S DETERMINATION OF REASONABLE AVAILABILITY, A SUPPLEMENTAL BODY FAT ASSESSMENT VIA THE DUAL–ENERGY X–RAY ABSORPTIOMETRY (DXA), INBODY 770 (BIOELECTRICAL IMPEDANCE ANALYSIS), OR BOD POD® (AIR DISPLACEMENT PLETHYSMOGRAPHY) AND MUST BE RECORDED ON DA FORM 5500 OR DA FORM 5501.

5.I. (U) PURSUANT TO THE IMPLEMENTING GUIDANCE (ATTACHMENT 1), THE REQUEST TO TAKE A SUPPLEMENTAL BODY FAT ASSESSMENT MUST BE MADE BY THE SOLDIER AT THE TIME THEY ARE FORMALLY COUNSELED BY THEIR COMMAND FOR FAILING THE TAPE TEST AND CONFIRMATION TAPE TEST. ANY DECISION TO OPT–OUT OF A SUPPLEMENTAL BODY FAT ASSESSMENT IS FINAL AT THE TIME OF THE COUNSELING (SEE ATTACHMENT 4 FOR INITIAL NOTIFICATION COUNSELING FOR SUPPLEMENTAL BODY FAT ASSESSMENT TEMPLATE).

5.J. (U) PURSUANT TO REFERENCE 1.B., DA FORM 5500 AND DA FORM 5501 ARE USED TO TRACK THE RESULTS OF A SOLDIER'S BODY FAT CONTENT. THE FORMS MAY BE USED TO RECORD CONFIRMATION TAPE TESTING IN THE REMARKS SECTION OF DA FORM 5500 AND DA FORM 5501.

5.K. (U) PURSUANT TO REFERENCE 1.B., THE DA FORM 5500 AND DA FORM 5501 MUST BE USED TO RECORD APPROVED SUPPLEMENTAL BODY FAT ASSESSMENT RESULTS (DXA, INBODY 770, OR BOD POD®) FROM ANY GOVERNMENTAL FACILITY. THIS INCLUDES MILITARY TREATMENT FACILITIES, ARMED FORCES WELLNESS CENTERS, GOVERNMENT FITNESS CENTERS, AND STATE–OWNED FACILITIES. ADDITIONALLY, SOLDIERS MAY REQUEST TO TAKE THE TEST AT LOCAL COLLEGES OR UNIVERSITIES, TO INCLUDE PRIVATE COLLEGES AND UNIVERSITIES. OFFICIAL RESULTS OF THE SUPPLEMENTAL TEST MUST BE SUBMITTED BY THE SOLDIER TO THE COMMANDER TO BE RECORDED ON DA FORM 5500 OR DA FORM 5501.

5.L. (U) COMMANDERS MAY GRANT AN EXTENSION OF UP TO 60 DAYS TO PROVIDE SUPPLEMENTAL BODY FAT ASSESSMENT RESULTS IN THE EVENT SUPPLEMENTAL ASSESSMENT RESOURCES ARE NOT EASILY ACCESSIBLE OR AVAILABLE.

5.M. (U) IN THE EVENT CURRENT MODELS AUTHORIZED FOR THE SUPPLEMENTAL BODY FAT ASSESSMENT CHANGE, UPDATED GUIDANCE WILL BE PUBLISHED.

5.N. (U) PURSUANT TO REFERENCE 1.D., IF A SOLDIER IS FOUND TO BE IN COMPLIANCE WITH REFERENCE 1.B. BASED ON THEIR SUPPLEMENTAL ASSESSMENT RESULTS, THEIR FLAG WILL BE REMOVED, AND THEY WILL NOT BE ENROLLED INTO THE ARMY BODY COMPOSITION PROGRAM. THE SOLDIER'S RESULTS WILL BE VALID UNTIL THEIR NEXT RECORD HEIGHT AND WEIGHT SCREENING OR BODY FAT ASSESSMENT.

5.O. (U) UPON COMPLETION OF AN APPROVED PASSING SUPPLEMENTAL BODY FAT ASSESSMENT, THE SOLDIER'S DA FORM 705–TEST (ARMY COMBAT FITNESS TEST SCORECARD) WILL REFLECT A "GO" RESULT FOR BODY FAT AND BE RECORDED IN THE DIGITAL TRAINING MANAGEMENT SYSTEM.

5.P. (U) PURSUANT TO REFERENCE 1.E., THE COMMANDER WILL CLOSE THE FLAG USING FLAG CODES KZ–FLAG CODE–K (ABCP) & FLAG TYPE CODE–Z (FLAG THAT HAS BEEN DEEMED TO HAVE BEEN EMPLACED ERRONEOUSLY). THE SOLDIER'S RESULTS WILL BE VALID UNTIL THEIR NEXT RECORD HEIGHT AND WEIGHT SCREENING OR BODY FAT ASSESSMENT.

5.Q. (U) SOLDIERS ENROLLED IN THE ARMY BODY COMPOSITION PROGRAM. PROGRESSION REQUIREMENTS PRESCRIBED IN REFERENCE 1.B. REMAIN THE SAME. THE ONE–SITE BODY COMPOSITION TAPE TEST AND THE SUPPLEMENTAL BODY FAT ASSESSMENTS ARE AUTHORIZED TO BE USED TO MEASURE SOLDIER'S BODY FAT PERCENTAGE PROGRESSION.

6. (U) EXAMPLES: ATTACHMENT 1 PROVIDES SUPPORTING INFORMATION AND PICTORIAL EXAMPLES OF THE MODIFICATIONS IDENTIFIED ABOVE.

7. (U) HQDA, DEPUTY CHIEF OF STAFF, POINTS OF CONTACT ARE MAJOR SERENA STAPLES AT SERENA.K.STAPLES.MIL@ARMY.MIL AND SGM ERIC BASILE AT ERIC.A.BASILE.MIL@ARMY.MIL.

8. (U) THIS ALARACT MESSAGE EXPIRES ON 1 MARCH 2026.

ATTACHMENTS:

1. (U) IMPLEMENTING GUIDANCE FOR AD 2023–11; BODY FAT TESTING PROCEDURES FOR THE ARMY BODY COMPOSITION PROGRAM.

2. (U) CIRCUMFERENCE CHART (MALE).

3. (U) CIRCUMFERENCE CHART (FEMALE).

4. (U) INITIAL NOTIFICATION COUNSELING WITH SUPPLEMENTAL BODY FAT ASSESSMENT TEMPLATE.

Attachment 1

Implementing Guidance for AD 2023-11; Body-Fat Testing Procedures for the ABCP

A. General

This guidance provides standard methods for determining body fat and supplemental body fat assessments.

B. Standard Methods for Determining Body Fat Using Height, Weight, Body Circumference, and Supplemental Body Fat Assessments.

B–1. Height and weight measurements

The procedures for the measurements of height, weight, specific body circumferences, and the use of the supplemental body fat assessment machines for the estimation of body fat are described in this implementing guidance. The weight for height table is listed in B–1 followed by the body fat standards in table B–2.

a. Soldier's height: The height will be measured with the Soldier in stocking feet (without running shoes) and wearing the authorized physical fitness uniform (trunks and T-shirt). The Soldier will stand on a flat surface with the head held horizontal, looking directly forward with the line of vision horizontal and the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. When measuring height to determine body fat percentage (see fig B–1 or fig B–2), the Soldier's height is measured to the nearest half inch. When measuring height to use the weight for height screening table (see table B–1) the Soldier's height is measured and then rounded to the nearest inch with the following guidelines:

(1) If the height fraction is less than half an inch, round down to the nearest whole number in inches.

(2) If the height fraction is half an inch or greater, round up to the next highest whole number in inches.

b. Soldier's weight: The weight will be measured with the Soldier in stocking feet and wearing the authorized physical fitness uniform (trunks and T-shirt); running shoes and jacket will not be worn. Scales used for weight measurement will be calibrated annually for accuracy. The measurement will be made on scales available in units and recorded to the nearest pound with the following guidelines:

(1) If the weight fraction of the Soldier is less than one-half pound, round down to the nearest pound.

(2) If the weight fraction of the Soldier is one half-pound or greater, round up to the next whole pound.

(3) No weight will be deducted to account for clothing.

c. Scales used for weight measurement will be calibrated annually. The word "calibrated", is intended to ensure the personnel weight scales used at the unit level for height and weight measurements have been verified for accuracy. It is not intended to require that unit scales be calibrated by test, measurement, and diagnostic equipment personnel or biomedical technicians. Accuracy of scales will be verified by unit personnel that will be performing the height/weight screening. This may be verified by using the tare (zero) function (if available), by following the scale manufacturer's instructions for ensuring accuracy, or by using an object of fixed known weight. Following is an example of using an object of fixed weight (for example, weight labeled 5 pounds) as means to verify accuracy:

(1) Place an object of known, fixed weight on the scale.

(2) Compare the reading on the scale to the known weight of the object.

(3) If the scale reading differs from the known weight of the object being weighted the scale has a calibration feature, adjust the scale until the reading matches the known weight of the object being weighed. Once the reading matches the known weight, the scale is considered to be accurate for the purpose of this regulation.

(4) If the reading differs from the known weight of the object being weighed and the scale does not have a calibration feature the scale should not be used to determine Soldier compliance with this regulation.

(5) Once accuracy of scale has been verified, affix a label to the scale with name, date, and signature of the individual verifying the accuracy of the scale. The unit commander will also sign as a witness.

Table B–1
Weight for height table (screening table weight)

		Male weight in pounds, by age				Female weight in pounds, by age			
Height (inches)	**Minimum weight[1] (pounds)**	**17–20**	**21–27**	**28–39**	**40+**	**17–20**	**21–27**	**28–39**	**40+**
58	91	-	-	-	-	119	121	122	124
59	94	-	-	-	-	124	125	126	128
		Male weight in pounds, by age				**Female weight in pounds, by age**			
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80[2]	173	234	240	247	250	227	230	233	236

Note:

[1] Male and female Soldiers who fall below the minimum weights shown in table B–1 will be referred by the commander for immediate medical evaluation.

[2] Add 6 pounds per inch for males over 80 inches and 5 pounds per inch for females over 80 inches.

B–2. Determining body fat using body circumference process

a. Although circumferences may be looked upon by untrained personnel as easy measures, they can give erroneous results if proper technique is not followed. The individual taking the measurements must have a thorough

understanding of the appropriate body landmarks and measurement techniques. Unit commanders will require that designated personnel have read the instructions regarding technique and location and obtained adequate practice before official body fat determinations are made. Individuals taking the measurements will be designated unit fitness trainers, a certified master fitness trainer, Army Officers, Army non-commissioned officers (NCO), or DA civilians trained in body circumference methodology, as specified in AR 600-9 paragraph 2–16*b*(1) and/or 2–17*a*(1). Two members of the unit will be utilized in the taking of measurements; one to place the tape measure and determine measurements and the other to assure proper placement and tension of the tape, as well as to record the measurement on the DA Form 5500 and DA Form 5501. The unit member recording the measurements is responsible for signing the DA Form 5500 and DA Form 5501 in the "prepared by" block. Soldiers should be measured by trained individuals of the same sex. If a trained individual of the same sex is not available to conduct the measurements, a female Soldier will be present when a male measures a female, and a male Soldier will be present when a female measures a male. The two will work with the Soldier between them so the tape is clearly visible from all sides. Take abdominal circumference measurements three times and record them to the nearest half inch. If any one of the three closest measurements differs by more than 1 inch from the other two, take an additional measurement and compute a mathematical average of the three measurements with the least difference to the nearest half inch and record this value.
b. Soldiers will be measured for body fat in stocking feet and standard Army physical fitness uniform trunks and T-shirt. Undergarments that may serve to bind the abdomen, are not authorized for wear when a Soldier is being measured for body fat composition. This includes but is not limited to girdle-like undergarments.
c. When measuring circumferences, compression of the soft tissue requires constant attention. The tape will be applied so it makes contact with the skin and conforms to the body surface being measured. It will not compress the underlying soft tissues. All measurements are made in the horizontal plane (parallel to the floor), unless indicated otherwise.
d. The tape measure will be made of a non-stretchable material, preferably fiberglass; cloth or steel tapes are unacceptable. Cloth measuring tapes will stretch with usage and most steel tapes do not conform to body surfaces. The tape measure will be calibrated, that is, compared with a yardstick or a metal ruler to ensure validity. This is done by aligning the fiberglass tape measure with the quarter-inch markings on the ruler. The markings will match those on the ruler; if not, do not use that tape measure. The tape will be one-quarter to one-half inch wide (not exceeding one-half inch) and a minimum of 5 feet in length. A retractable fiberglass tape is the best type for measuring all areas.

Note. Tapes are currently available through the Army Supply System (Federal stock number 5210–01–238–8103 or national stock number 8315–01–238–8103). The current Army supply system or any other fiberglass tape (not to exceed one-half inch) may be used if retractable tapes cannot be purchased by unit budget funds available and if approved by installation commanders.

e. If using the circumference methodology outlined in this policy and it is determined that the Soldier's body circumference does not meet the ABCP standards, a confirmation will be completed as soon as practicable. The above process will be completed by a different team than the completed initial set of measurement. Commanders should maintain an available alternate measurement team to minimize delay between an initial and confirmation assessment. The confirmation assessment is to ensure the accuracy of the initial set of measurement. It should not allow Soldiers the time to engage in unhealthy behaviors to meet the standard prior to their confirmation assessment. This must occur before any actions are taken by the commander.

Table B–2
Maximum allowable percent body fat standards

Age group: 17–20
Male (% body fat): 20%
Female (% body fat): 30%

Age group: 21–27
Male (% body fat): 22%
Female (% body fat): 32%

Age group: 28–39
Male (% body fat): 24%
Female (% body fat): 34%

Age group: 40 and older
Male (% body fat): 26%
Female (% body fat): 36%

Figure B–1. Percent fat estimates for males **(see attached circumference chart)**

Figure B–2. Percent fat estimates for females **(see attached circumference chart)**

B–3. Description of the circumference site and its anatomical landmarks and technique

a. All circumference measurements will be taken three times and recorded to the nearest half inch (or 0.50). Each sequential measurement should be within 1 inch of the next or previous measurement. If the measurements are within 1 inch of each other, derive a mathematical average to the nearest half of an inch. If any one of the three measurements differs by more than 1 inch, take an additional measurement. Then, average the three closest measures.

b. For males, complete three abdominal circumference measurements.

c. For females, complete three abdominal circumference measurements.

d. Instructions for computing body fat are at tables B–3 (males) and B–4 (females). Percent fat estimates are shown in figures B–1 (males) and B–2 (females). Illustrations of each tape measurement are at figures B–3 (males) and B–4 (females).

e. All circumference measurement information will be recorded on a DA Form 5500 (male)/5501 (female).

Table B–3
Instructions for completing DA Form 5500 (male)

NAME	Print the Soldier's last name, first name, and middle initial in NAME block.
RANK	Print rank in the RANK box.
HEIGHT	Measure the Soldier's height as described in this appendix to the nearest half inch and record the measurement in HEIGHT block.
WEIGHT	Measure the Soldier's weight as described in this appendix to the nearest pound and record in WEIGHT block.
	Note: Follow the rounding rules for rounding height and weight measurement as described earlier in this appendix.
AGE	Print age in years in AGE block.
STEP 1	Abdominal measurement. Measure the Soldier's abdominal circumference to nearest half inch at the point of the navel (belly button). Round down to nearest half inch and record in block labeled FIRST.
	Note: Repeat STEP 1 until you have completed three sets of abdomen circumference measurements.
STEP 2	Average abdominal measurement. Find mathematical average of FIRST, SECOND, and THIRD abdominal circumference by adding them together and dividing by three. Place this number to nearest half inch in block marked AVERAGE for STEP 1.
STEP 3	Weight factor. Enter the weight to the nearest pound.
	Note: Follow the rules for rounding of height and weight measurements as described earlier in this appendix.
STEP 4	Percent body fat. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 3) and weight in pounds (value listed in STEP 4) in figure B–1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in figure B–1. This is the Soldier's PERCENT BODY FAT.
	Note: Go to figure B–1 to locate the circumference value (abdomen) in the left-hand column.
STEP 5	Enter supplemental body fat assessment results, if applicable.

Table B–4
Instructions for completing DA Form 5501 (female)

NAME	Print the Soldier's last name, first name, and middle initial in NAME block.
RANK	Print rank in the RANK box.
HEIGHT	Measure the Soldier's height as described in this appendix to the nearest half inch and record the measurement in HEIGHT block.
WEIGHT	Measure the Soldier's weight as described in this appendix to the nearest pound and record in WEIGHT block.
	Note: Follow the rounding rules for rounding height and weight measurement as described earlier in this appendix.
AGE	Print age in years in AGE block.
STEP 1	Abdominal measurement. Measure the Soldier's abdominal circumference to nearest half inch at the point of the navel (belly button). Round down to nearest half inch and record in block labeled FIRST.
	Note: Repeat STEP 1 until you have completed three sets of abdomen circumference measurements.
STEP 2	Average abdominal measurement. Find mathematical average of FIRST, SECOND, and THIRD abdominal circumference by adding them together and dividing by three. Place this number to nearest half inch in block marked AVERAGE for STEP 1.
STEP 3	Weight factor. Enter the weight to the nearest pound.
	Note: Follow the rules for rounding of height and weight measurements as described earlier in this appendix.
STEP 4	Percent body fat. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in figure B–2. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in figure B–2. This is the Soldier's PERCENT BODY FAT.
	Note: Go to figure B–2 to locate the circumference value (abdomen) in the left-hand column.
STEP 5	Enter supplemental body fat assessment results, if applicable.

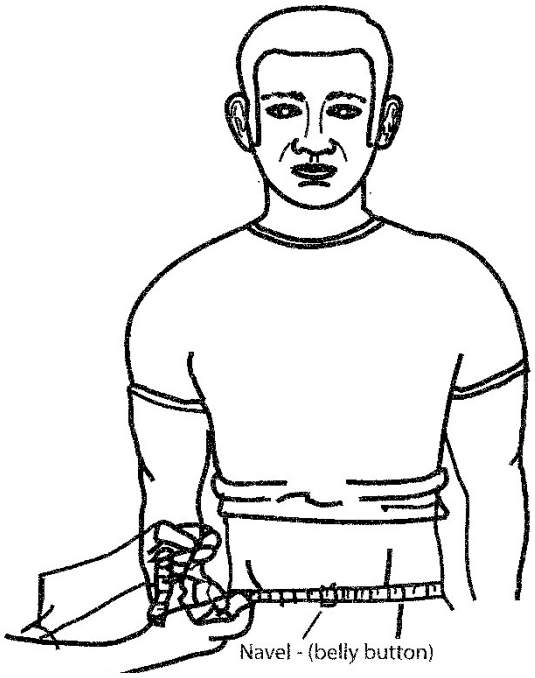

Figure B–3. Male tape measurement illustration

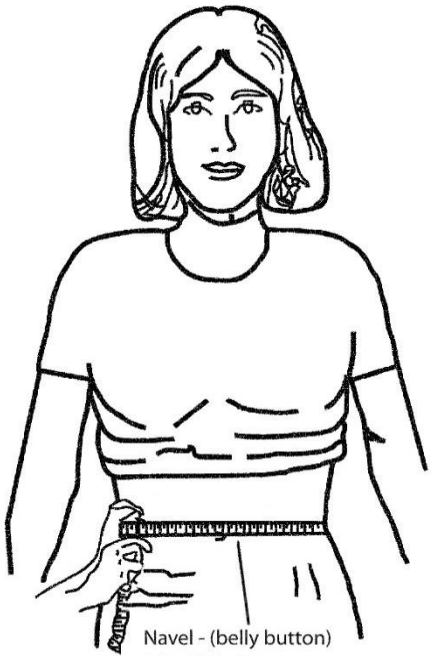

Figure B–4. Female tape measurement illustration

B–4. Circumference site and landmarks for males

a. Abdomen. Measure abdominal circumference against the skin at the navel (belly button) level and parallel to the floor. Arms are at the sides. Record the measurement at the end of Soldier's normal, relaxed exhalation. Round abdominal measurement down to the nearest half inch and record (for example, round "34 3/4 inches" to "34 1/2 inches").

b. Unidentified umbilicus (belly button) marker due to skin fold. Attempt to identify the direct location of the umbilicus on the outer skin (or fold) as accurately as possible and make a small "x" with a sharpie on the skin fold (a tape measurer can be used to assist). Tape the outer most circumference of the abdomen across this "x" mark (as if the umbilicus were visual). Taking a measure under the skin fold would be underestimating the actual circumference/size of the Soldier at this location. The fat/skin fold is part of the measurement because it is metabolically active tissue and plays a role in health-related outcomes (e.g., obesity link to cardiovascular health).

c. No identified umbilicus (belly button). In the event no umbilicus (belly button) is anatomically present, locate the Soldier's hip bone (anterior superior iliac spine) and mark 2 inches above with a sharpie. Use this as the reference point to measure an alternative abdominal circumference.

B–5. Circumference site and landmarks for females

a. Abdomen. Measure abdominal circumference against the skin at the navel (belly button) level and parallel to the floor. Arms are at the sides. Record the measurement at the end of Soldier's normal, relaxed exhalation. Round abdominal measurement down to the nearest half inch and record (for example, round "34 3/4 inches" to "34 1/2 inches").

b. Unidentified umbilicus (belly button) marker due to skin fold. Attempt to identify the direct location of the umbilicus on the outer skin (or fold) as accurately as possible and make a small "x" with a sharpie on the skin fold (a tape measurer can be used to assist). Tape the outer most circumference of the abdomen across this "x" mark (as if the umbilicus were visual). Taking a measure under the skin fold would be underestimating the actual circumference/size of the Soldier at this location. The fat/skin fold is part of the measurement because it is metabolically active tissue and plays a role in health-related outcomes (e.g., obesity link to cardiovascular health).

c. No identified umbilicus (belly button). In the event no umbilicus (belly button) is anatomically present, locate the Soldier's hip bone (anterior superior iliac spine) and mark 2 inches above with a sharpie. Use this as the reference point to measure an alternative abdominal circumference.

B–6. Preparation of DA Form 5500 and DA Form 5501

It is extremely important that the following instructions are read before attempting to complete DA Form 5500 and/or DA Form 5501. Have a copy of the form available when reading these instructions.

a. Tables B–3 and B–4 and figures B–1 through B–4 will provide information needed to prepare DA Form 5500 and DA Form 5501. The instructions for the forms are written in a stepwise fashion. The computation processes are different for males and females.

b. A DA Form 5500 (male) or DA Form 5501 (female) must be completed for Soldiers who exceed the weight for height table (table B–1). The purpose of this form is to help determine the Soldier's percent body fat using the circumference technique described in this regulation.

c. Before starting, have a thorough understanding of the measurements to be made as outlined in this guidance. A scale for measuring body weight, a device for measuring height, and a measuring tape (see specifications in para B–2*d*) for the circumference measurements are also required.

d. If any of the measurements are not listed in figure B–1 or B–2, see table B–5 for guidance on how to calculate body fat percentage. *Note.* A calculator, which can be found on computers, must be used. On the computer, pull up 'calculator' from 'programs'. Commanders are responsible for the accuracy of all calculations. An authorized body fat percentage auto calculator and body fat circumference charts can be found on the ABCP microsite at https://www.armyresilience.army.mil/abcp/index.html

e. The DA Form 5500 or DA Form 5501 requires two signatures. The first signature is the "prepared by" which is the unit member serving to assure proper placement and tension of the tape, as well as to record the measurement on the DA Form 5500 and DA Form 5501. The second signature, "approved by supervisor," should be signed by the commander/supervisor of the Soldier being measured.

Note. All measurements must be in inches. Use normal rounding rules for all measurements and calculations unless otherwise specified.

Table B–5
Sample body fat calculations

SAMPLE (WOMEN) Measurements: Abdomen = 30 inches; Weight = 165 pounds	
The equation for women is: % body fat = -9.15 – (0.015 x body weight in pounds) + (1.27 x abdomen circumference in inches)	
A.	Solve: (0.015 x 165 pounds) = 2.475 to get your first number.
B.	Solve: (1.27 x 30 inches) = 38.1 to get your second number.
C.	Solve the equation: % body fat = -9.15 _ (0.015 x 165) + (1.27 x 30) = -9.15 – (2.475) + (38.1) = -11.625 + 38.1 = -11.625 + 38.1 = 26 % Body Fat (actual number is 26.475% Body Fat; round to the nearest whole %)
SAMPLE (MEN) Measurements: Abdomen = 35 inches; Weight = 210 pounds	
The equation for men is: % body fat = -26.97 _ (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches)	
A.	Solve: (0.12 x 210 pounds) = 25.2 to get your first number
B.	Solve: (1.99 x 35 inches) = 69.65 to get your second number
C.	Solve the equation: % body fat = - 26.97 _ (25.2) + (69.65) = -52.17 + 69.65 = -52.17 + 69.65 = 17 % (actual number is 17.48%; round to the nearest whole %)

B-7. Supplemental Body Fat Assessments

a. The only authorized methods to be used for a supplemental assessment are the: Dual-energy X-Ray Absorptiometry (DXA), Bioelectrical Impedance Analysis (BIA), or Air Displacement Plethysmography (ADP).

b. The methods listed above are considered authorized when they are government-owned or used at any governmental facility (Military Treatment Facilities, Army Wellness Centers, Government Fitness Centers, State-owned facilities, or Colleges/Universities, to include private Colleges and Universities).

c. Once a Soldier receives a body fat tape test assessment failure, the Soldier must state their intent to pursue a supplemental body fat assessment. A decision to opt-out of the supplemental body fat assessment is final and may not be rescinded or appealed.

d. Soldiers are authorized one (1) supplemental body fat assessment performed no earlier than 24 hours of the failed tape test. This is to ensure accuracy of the supplemental assessment based on the manufacturer's recommended pretesting/preparatory procedures.

(1) Once the Soldier has scheduled and performed their supplemental body fat assessment, they are unable to select a second supplemental assessment from the options listed. The option to request a supplemental body fat assessment does not confer the right to choose a particular method of measurement, or model of machine. Only one (1) supplemental body fat assessment will be given per failed tape test assessment.

(2) Soldiers' requests are subject to the Command's determination as to whether a supplemental body fat assessment is reasonably favorable.

(3) A Soldier must submit supplemental body fat assessment results to be recorded on a DA Form 5500 or DA Form 5501. Company Commanders may grant a timeline exception of up to 60 days in the event supplemental assessment resources are not easily accessible or available. If a supplemental body fat assessment cannot be obtained within this time period, it is not reasonably available.

g. If a Soldier is found to be in compliance with AR 600-9 based on their supplemental assessment results, their flag will be removed erroneously, and they will not be enrolled into the ABCP. Soldier's results will be valid until their next record height and weight screening and/or body fat assessment.

h. Upon completion of an approved passing supplemental body fat assessment, the Soldier's DA Form 705-TEST

(Army Combat Fitness Test Scorecard) will reflect a "GO" result for body fat and be recorded in the Digital Training Management System (DTMS).

B-8. Supplemental Body Fat Assessment Procedures

a. Each supplemental body fat assessment machine requires specific procedures to ensure the most accurate test is performed.

b. Dual-energy X-Ray Absorptiometry (DXA).

(1) The DXA scan is a type of medical imaging test that measures bone density (strength) and body composition, such as body fat and muscle mass, using very low energy x-ray beams to measure tissue density. DXA scan results can also provide helpful details about your risk for osteoporosis (bone loss) and fractures (bone breaks).

(2) A Soldier may use a DXA at any governmental facility where a DXA is available. DXA scans are generally conducted within a Medical Treatment Facility or Health Clinic by the Radiology department. A Soldier should consult with their healthcare Provider for more information on this medical procedure.

(3) During administration of this test, the Soldier should be wearing what is consistent with the weight of the Army Physical Fitness Uniform (APFU) shorts and short sleeve t-shirt.

c. Bioelectrical Impedance Analysis (BIA)

(1) The BIA is a device that measures body composition. The test is a non-invasive and quick (60-90 seconds) body composition analysis that provides a detailed breakdown of a person's weight in terms of muscle, fat, and water; testing results are available immediately.

(2) If the Unit is providing the BIA assessment, the Soldier must be informed by their commander no earlier than 6 hours prior to their BIA assessment to inform the Soldier of the pretesting/preparatory procedures required to perform an accurate supplemental assessment. Deviations from supplemental body fat assessment protocols will likely result in invalid or inaccurate results.

(3) If the Soldier elected to have an BIA for their supplemental assessment, a test administrator AND a witness must be present to confirm the identification of the Soldier being tested. The witness and the test administrator cannot be the same individual, nor can the tested Soldier administer or "witness" their own BIA test.

(4) A BIA can be administered by any individual delegated or otherwise approved by the commander. The BIA does not require formal training to administer the assessment. Reference the appropriate BIA manual for standards of execution.

(5) It is highly recommended Soldiers follow the test preparation guidelines to optimize testing results. These pretesting guidelines should be annotated in the commander's counseling. Reference BIA Test Preparation guidance prior to testing.

(6) Uniform: The Army Physical Fitness Uniform (APFU) shorts and short sleeve t-shirt will be worn during testing. Socks and shoes will be removed prior to testing in addition to any heavy or loose articles. Soldiers must present their DoD Common Access Card (CAC) to the test administrator and witness for verification of identification prior to testing. The tested Soldier's DoD ID number will be entered into BIA when prompted.

(7) The BIA Body Composition Analyzer administered by authorized providers. A Soldier may use a BIA at any governmental facility.

d. Air Displacement Plethysmography (ADP)

(1) The ADP uses whole body densitometry to determine body composition. Testing is safe and quick, with a complete analysis in about 10 minutes; testing results are available immediately.

(2) A Soldier may use the ADP at any government facility where an ADP is available. The ADP scans are generally conducted within a Medical Treatment Facility or Health Clinic.

(3) Soldiers may contact their local Armed Forces Wellness Center to schedule an ADP test and will follow any guidance or procedures issued.

2023 ARMY CALCULATED PERCENT (%) BODY FAT - MALE

ABDOMINAL CIRCUMFERENCE (inches)

BODY WEIGHT (pounds)	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5
90	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
91	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
92	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
93	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40	41	42	43	44	45	46	47	48
94	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
95	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
96	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
97	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
98	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
99	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
100	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
101	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47
102	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
103	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
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105	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
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114	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
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118	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	
119	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
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124	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
125	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
126	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	40	41	42	43	44
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131	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
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136	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
137	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
138	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
139	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
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141	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
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145	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
146	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
147	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
148	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
149	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
150	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
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153	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
154	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
155	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
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158	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
159	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
160	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
161	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
162	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
163	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
164	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
165	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
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167	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
168	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39
169	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
170	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39

Age Group:	17-20	21-27	28-39	40 and older

2023 ARMY CALCULATED PERCENT (%) BODY FAT - MALE

BODY WEIGHT (pounds)	ABDOMINAL CIRCUMFERENCE (inches)																																			
	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5
171	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
172	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
173	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
174	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
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Age Group:	17-20	21-27	28-39	40 and older

2023 ARMY CALCULATED PERCENT (%) BODY FAT - FEMALE

ABDOMINAL CIRCUMFERENCE (inches)

BODY WEIGHT (pounds)	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5
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Age Group:	17-20	21-27	28-39	40 and older

2023 ARMY CALCULATED PERCENT (%) BODY FAT - FEMALE

ABDOMINAL CIRCUMFERENCE (inches)

BODY WEIGHT (pounds)	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5
171	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32	33	33	34	35	35	36	37	37	38	38	39	40	40	41
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Age Group:	17-20	21-27	28-39	40 and older

DEPARTMENT OF THE ARMY
ORGANIZATION
STREET ADDRESS
CITY STATE ZIP

OFFICE SYMBOL Date

MEMORANDUM *(Soldier's Name, Unit)*

SUBJECT: Army Body Composition Supplemental Body Fat Assessment Counseling

1. You have been determined to exceed the body fat standard using the circumference-based tape test method.

2. You have been flagged under the provisions of AR 600-8-2. A DA Form 268 (Report to Suspend Favorable Personnel actions (FLAG)) has been placed in your record. Some ramifications of this flagging action include:

a. You are nonpromotable (to the extent such nonpromotion is permitted by law).

b. You will not be assigned to command, command sergeant major, or first sergeant positions.

c. You are not authorized to attend professional military schools and institutional training courses.

3. You are authorized one (1) supplemental body fat assessment, if deemed reasonably available.

a. Each supplemental body fat assessment will have different preparation methods. You will need to review the appropriate preparation methods by the person/persons administering you the test.

(1) You have no later than 60 days to provide results of your supplemental body fat assessment to determine pass or failure of your Army body fat assessment.

b. If a supplemental body fat assessment is available and you refuse a supplemental body fat assessment, then you are accepting your body fat assessment failure, and you will be counseled for enrollment in the Army Body Composition Program per AR 600-9 paragraph 3-6.

Commander's Name
Rank, Branch
Commanding