**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Body Measurements Lab**

Record the following body measurements

**Station #1 – Height / Weight**

Height (in inches) \_\_\_\_\_\_\_\_\_\_\_

Weight (in pounds) \_\_\_\_\_\_\_\_\_\_\_\_\_

**Station #2 – Hips / Waist**

Hips (in inches) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Waist (in inches) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station #3 – Skinfold Measurements**

**Males:**

Chest \_\_\_\_\_\_\_\_\_\_

Abdomen \_\_\_\_\_\_\_\_\_\_\_\_

Thigh \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sum of Skinfolds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Females:**

Triceps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thigh\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sum of Skinfolds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



