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Body Composition Standards Program

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COMMANDANT INSTRUCTION 1020.8I

Subj: BODY COMPOSITION STANDARDS PROGRAM

- Ref:
- (a) Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series)
 - (b) Enlistments, Evaluations, and Advancements, COMDTINST M1000.2 (series)
 - (c) U.S. Coast Guard Boat Operations and Training (BOAT) Manual Volume II, COMDTINST M16114.33 (series)
 - (d) Officer Accessions, Evaluations, and Promotions, COMDTINST M1000.3 (series)
 - (e) Reserve Policy Manual, COMDTINST M1001.28 (series)
 - (f) Military Separations, COMDTINST M1000.4 (series)
 - (g) Pregnancy in the Coast Guard, COMDTINST 1000.9 (series)
 - (h) Coast Guard Medical Manual, COMDTINST M6000.1 (series)
 - (i) Sexual Assault Prevention and Response (SAPR) Program, COMDTINST M1754.10 (series)
 - (j) Military Bonus Programs, COMDTINST M7220.2 (series)

1. PURPOSE. This policy promulgates the Coast Guard's Body Composition Standards Program. This policy specifically applies to all Coast Guard military personnel, officer and enlisted, active and reserve, and the Public Health Service (PHS) officers that are detailed to the Coast Guard.
2. ACTION. All Coast Guard unit commanders, commanding officers, officers-in-charge, deputy/assistant commandants, and chiefs of Headquarters staff elements must comply with the provisions of this Instruction.
3. AUTHORIZED RELEASE. Internet release is authorized.
4. DIRECTIVES AFFECTED. Coast Guard Weight and Body Fat Standards Program Manual, COMDTINST M1020.8H is cancelled.
5. DISCLAIMER. This guidance is not a substitute for applicable legal requirements, nor is it itself a rule. It is intended to provide operational guidance for Coast Guard personnel and is not intended to nor does it impose legally-binding requirements on any party outside the Coast Guard.
6. MAJOR CHANGES. The Coast Guard Body Composition Standards Program is now updated to reflect current policy that include the following:

- a. The new policy removes the requirement for members on abeyances/exemptions to participate in body composition screenings.
- b. Removed requirement for members to be compliant prior to receiving a sexual assault recovery abeyance.
- c. Removed requirements for member to be compliant during infertility treatment.
- d. Added Abdominal Circumference (AC) as a valid compliance measure as well as maximum value and safe AC loss rate.
- e. Abdominal Circumference is now authorized for accession screenings.
- f. Added the Boatcrew PFT in Reference (c) as a method of body composition compliance.
- g. Added a 30 day waiting period for probation start date to initial probation body composition screening.

7. ENVIRONMENTAL ASPECT AND IMPACT CONSIDERATIONS.

- a. Commandant Office of Environmental Management, Commandant (CG-47) reviewed the development of this Commandant Instruction and the general policies contained within it, and determined that this policy falls under the Department of Homeland Security (DHS) categorical exclusion A3. No further environmental analysis is necessary in accordance with the U.S. Coast Guard Environmental Planning Policy, COMDTINST 5090.1 (series).
- b. This Commandant Instruction will not result in any substantial change to existing environmental conditions or violation of any applicable federal, state, or local laws relating to the protection of the environment. It is the responsibility of the action proponent to evaluate all future specific actions resulting from this policy for compliance with the National Environmental Policy Act (NEPA), other applicable environmental mandates, and the U.S. Coast Guard Environmental Planning Policy, COMDTINST 5090.1 (series).

8. DISTRIBUTION. No paper distribution will be made of this Instruction. An electronic version will be located on the following Commandant (CG-612) CGPortal: cgportal.uscg.mil/library/directives/SitePages/Home.aspx .

9. RECORDS MANAGEMENT CONSIDERATIONS. Records created as a result of this Instruction, regardless of format or media, must be managed in accordance with the records retention schedule located on the Records Resource Center CGPortal site: cg.portal.uscg.mil/units/cg61/CG611/SitePages/Home.aspx .

10. FORMS/REPORTS. The forms referenced in this Instruction are available on the Coast Guard Standard Workstation or on the Internet: www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-C4IT-CG-6/The-Office-of-Information-Management-CG-61/Forms-Management/ .
11. SECTION 508. This Instruction adheres to Accessibility Guidelines and Standards as promulgated by the U.S. Access Board. If changes are needed, please communicate with the Coast Guard Section 508 Program Management Office at Section.508@uscg.mil .
12. REQUEST FOR CHANGES. Units and individuals may formally recommend changes through the chain of command using the Coast Guard Memorandum. Comments and suggestions from users of this Instruction are welcomed. All such correspondence may be emailed to Commandant (CG-133) at: HQS-PolicyandStandards@USCG.MIL.

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Assistant Commandant for Human Resources

Enclosure: (1) Screening Weights & Maximum Allowance Body Fat Percentages
(2) Body Fat Percentage Estimation Charts

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Enclosure (1) Screening Weights & Maximum Allowance Body Fat Percentage

Enclosure (2) Body Fat Percentage Estimation Charts

Chapter 1 COAST GUARD BODY COMPOSITION STANDARDS PROGRAM OVERVIEW

A. Introduction.

1. **Purpose.** The Coast Guard Body Composition Standards Program contains policy that directs administrative process to ensure that all Coast Guard military personnel:
 - a. Are capable of meeting the organization's operational needs and challenges;
 - b. Maintain a healthy weight and body fat percentage; and,
 - c. Present a sharp professional military appearance.
2. **Background.** The Coast Guard Body Composition Program was instituted in 1984 and revised in 2004, 2008, 2020, and now 2022.
3. **Program Audience.** The Coast Guard Body Composition Standards Program is applicable to all Coast Guard military personnel, including:
 - a. Active duty;
 - b. Reserve;
 - c. USPHS officers detailed to the Coast Guard;
 - d. Coast Guard Academy (CGA) cadets upon commissioning. Prior to commissioning cadets fall under the CGA regulations for weight and body fat standards.
 - e. Accession candidates; and,
 - f. Members returning to service under various Coast Guard policies; for example: temporary separation/care of newborn child (CNC).

B. Roles and Responsibilities.

1. **Individual Members. Individual members must:**
 - a. Maintain compliance with body composition standards at all times, unless specifically stated otherwise by this Instruction.
 - b. Complete the mandatory semiannual Body Composition Screenings (BCS) unless exempt per Chapter 5 of this Instruction.
 - c. Follow the requirements contained in Chapter 3 of this Instruction if determined to be non-compliant.
 - d. Be familiar with the policy and process requirements of this Instruction.
2. **Supervisors. Supervisors must:**

- a. Take a proactive approach to ensure personnel remain in compliance with the Coast Guard Body Composition Program.
 - b. Recommend the unit commanding officer or officer-in-charge conduct body composition screenings outside of regularly scheduled semiannual screenings when members appear non-compliant.
 - c. Monitor adherence to probation requirements for subordinates on probation, in accordance with Chapter 3.
 - d. Encourage all members to exercise, make healthy food selections, and maintain a healthy lifestyle.
3. Commanding Officer (CO) and Officer-in-Charge (OIC). Commanding Officers and Officers-in-Charge must:
- a. Be responsible for the unit's adherence to the policies, process and procedures contained in this Instruction.
 - b. Ensure members are compliant with standards at all times by conducting body composition assessments as outlined in Chapter 2 of this Instruction.
 - c. Ensure personnel that must perform height/weight checks, body fat measurements, abdominal and circumference measurements, and Physical Fitness Tests are properly trained.
 - d. Procure as needed and ensure measuring tools are in good working order including, height rulers, weight scales, tape measures, etc.
 - e. Submit separation packages within 30 days to Commander, Personnel Service Center (CG PSC: EPM-1 for enlisted, OPM-1 for officer, and RPM-1 for reserve) for members who meet the conditions of separation outlined in this Instruction.
 - f. Verify measurements of members subject to separation. A member within the command cadre, to include CO, executive officer (XO), OIC, executive petty officer (XPO), or command master chief (CMC), or as necessary, a senior member within the command must witness measurements of the member. See Chapter 2 of this Manual for additional instructions.
 - g. Conduct additional body composition screenings outside of regularly scheduled semiannual BCSs when deemed necessary as outlined in Chapter, 2 paragraph A.2. of this Instruction.
4. Unit Administrative Staff.
- a. Record all data in Direct Access (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, or the scheduling/completion of the Chronological

- Record of Medical Care, Form SF-600. Document non-compliant BCS using Administrative Remarks, form CG-3307. When Direct Access is offline, days will not count against the 10-day requirement.
- b. Confirm compliance with body composition program of members with permanent change of station (PCS) orders within 30 days of PCS departure.
5. Primary Care Manager. (Includes military medical officers, licensed civilian physicians, physician assistants, and nurse practitioners, as appropriate).
 - a. Evaluate command/unit referred members through completion of a form SF-600, within 30 days of initiation of medical referral.
 - b. Address weight related health concerns, underlying causes of weight gain, and psychological motivators for overeating and/or poor nutritional choices.
 - c. Evaluate the member for physiological medical conditions or prescribed medication that may be the cause of the member's non-compliance.
 6. Commandant (CG-133). Initiate required changes to this Instruction and make determinations on cases not adequately addressed by the provisions of this Instruction.
 7. Commandant (CG-112). Provide policy oversight for Coast Guard Medical Officers.
 8. CG Personnel Service Center, Personnel Service Division, Field Support (CG PSC-psd-fs).
 - a. Serve as approving official for all medical abeyance and exemption requests.
 - b. Track statistics of abeyances and exemptions annually.
 9. Coast Guard Recruiting Command (CGRC). Ensure all new accessions and members re-entering the service are compliant with body composition standards prior to entry/reentry into CG service.
 10. Superintendent of CGA. Promulgate regulations pertaining to body composition standards for cadets. All CGA graduates, to include graduates from other commissioning sources, must be compliant with the Coast Guard Body Composition Program, as outlined in this Manual, prior to commissioning.

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Chapter 2 BODY COMPOSITION SCREENING

A. When to conduct Body Composition Screening (BCS). Members are required to be compliant with the body composition program at all times. At a minimum, BCS must be conducted as listed below:

1. Semiannual (April and October). All Coast Guard military personnel must be screened against the Body Composition Program standards every April and October.
 - a. Members who will be away from their Permanent Duty Station (PDS) during the semiannual BCS month must make arrangements to be screened at their PDS no more than 15 days before the beginning of the month or 15 days after the end of the month. If the member's travel precludes a BCS during this window, the PDS and the command, where the member is temporarily assigned will coordinate a BCS. If a member will be present at their PDS at any point during the semiannual BCS month, prior arrangements must be made with the command to ensure resources are available to screen the member at that time.
 - b. Program managers and servicing personnel offices (SPOs) must ensure members assigned to attaché and post-graduate billets are screened against the Body Composition Standards Program in accordance with the policy set forth in this Instruction.
2. Upon Direction from CO or OIC.
 - a. COs and OICs may direct members who appear non-compliant with body composition standards to be evaluated for compliance outside of regularly scheduled semiannual BCS.
 - b. If found to be non-compliant, refer to Chapter 3 of this Manual for guidance.
3. Upon Expiration of an Authorized Abeyance or Exemption. As identified in Chapter 5 of this Manual, members must be evaluated for compliance on the first business day following the expiration of an abeyance or exemption.
4. Upon Receipt of Orders to Specified Resident Training and Prior to Execution of Orders to Specified Resident Training.
 - a. Commands must verify a member's compliance upon receipt of orders to the following resident training programs:
 - (1) Any training that culminates with an enlisted member being offered a commission, including but not limited to: Officer Candidate School (OCS), Direct Commission Officer (DCO), and Reserve Officer Candidate Indoctrination (ROCI). Members found non-compliant upon reporting to training that leads to a commission may be returned to their unit.
 - (2) Chief Petty Officer Academy (CPOACAD);

- (3) Senior Enlisted Leadership Course (SELC);
 - (4) Prospective Commanding Officer/Prospective Executive Officer (PCO/PXO) School;
 - (5) Prospective Operations Officer (POPS) School;
 - (6) Chief Warrant Officer Professional Development (CWOPD) Course;
 - (7) Class "A" schools;
 - (8) Attendance at any leadership course hosted by non-Coast Guard entities (e.g., Non-Commissioned Officer Academy, Navy Senior Enlisted Academy, etc.).
- b. Commands must again verify compliance with body composition standards no more than 30 days and no less than 15 days from a class convening date to the programs listed in paragraph 2.A.4.a of this Instruction. At the same time, they must update DA with the member's screening results. If a member is found to be non-compliant, refer to Chapter 3 for guidance.
 - c. Qualified members in receipt of last-minute orders (issued within 15 days of the class convening date), who were not able to be weighed-in at their permanently assigned unit in sufficient time prior to the class convening date, must be weighed upon reporting to the resident training listed in 2.A.4.a. If a member is found to be non-compliant, refer to Chapter 3 for guidance.
5. Reservists Ordered to Active Duty. In addition to the above, any reservist ordered to any type of active duty other than normal active duty for training (ADT-AT) must be screened. A reservist found non-compliant must not be ordered to active duty and must be processed for non-compliance in accordance with this Instruction.
 6. Accessions.
 - a. All new accessions (including newly recruited USPHS officers and selectees for programs leading to a commission) and members re-entering service must not exceed the maximum allowable body fat percentage or abdominal circumference as shown in Enclosures (1) and (2).
 - b. Military Entrance Processing Stations (MEPS) will make all official weight determinations for recruit applicants.
 - c. Members applying for a re-entry enlistment following discharge for non-compliance with the Coast Guard Body Composition Program must meet the requirements outlined in Chapter 4 paragraph G.4 of this Instruction.
 7. Members in Receipt of PCS Orders. Commands must verify members in receipt of PCS orders are in compliance within 30 days of departure.

B. Body Mass Index (BMI) Weight Screening Procedures.

1. Body Composition Standards. The Coast Guard's screening weight standards are based on body mass index (BMI), a weight that corresponds with an individual's height. The Coast Guard established the BMI standard of 19.0 (minimum) and 27.5 (maximum), regardless of age or gender. Maximum/minimum screening weights are listed in Enclosure (1) of this Instruction.
 - a. All members who exceed their maximum screening weight are subject to a body fat assessment.
 - b. All members who fall below the minimum screening weight must be referred for a medical evaluation.
2. Body Mass Index (BMI). BMI is a number calculated from a person's weight and height. It provides a reliable indicator of unhealthy body fat percentage and is used to screen for weight categories that may lead to health problems. It is recognized by the Centers for Disease Control (CDC) as one of the best methods for population assessment of obesity corresponding to risk for disease. According to the CDC website a person with a normal weight status will have a BMI between 18.5 and 24.9. A BMI range between 25.0 and 29.9 is considered overweight and a BMI over 30.0 is obese. An adult BMI calculator for age 20 and above and a teen calculator is located on the CDC website: www.cdc.gov.
3. Personnel Responsible for Conducting Height and Body Composition Measurements. COs and OICs are responsible for ensuring proper body composition screenings are conducted except as noted elsewhere in this Manual (e.g. MEPS, program managers). Actual body composition screenings must be conducted by command-designated Coast Guard personnel (preferably senior petty officers or above) that are experienced with and trained on the proper procedures for conducting the height and body composition assessments outlined in this Instruction.
4. Screening Process.
 - a. Attire.
 - (1) The uniform of the day (socks, no shoes) is the standard attire for a normal weigh in. Members may wear clean USCG PT clothing if taping is required. COs/OICs may authorize clean organizational clothing, such as flight suits, coveralls, business suits, medical smocks, chef ware, etc., to enhance efficiency of the process.
 - (2) When wearing authorized USCG PT Clothing, the clothes must be clean and presentable. Appropriate undergarments must be worn during body fat assessments and the abdominal circumference measurement. Compression garments, pantyhose or shape wear of any kind are not authorized during BCS.
 - b. Weight.

- (1) Weight scales must be “zeroed” prior to each use and the manufacturer’s instructions must be followed. When there are questions as to the accuracy of a scale, a second zeroed scale may be used for the purpose of weight verification.
- (2) Round measurements to the nearest whole number. Examples: 215.4 is recorded in DA as 215; 215.5 is recorded in DA as 216.
- (3) The following weight allowances will be deducted for attire worn during BCS:
 - (a) T-shirt and gym shorts (no footwear): 1 pound;
 - (b) T-shirt and trousers or sweatpants (no footwear): 2 pounds;
 - (c) Tropical uniform or organizational clothing (no footwear): 3 pounds;
 - (d) Operational Dress Uniform (no footwear): 4 pounds;
 - (e) Any other attire (no footwear): no deduction taken.

c. Height.

- (1) When measuring height, instruct members to remove their shoes.
- (2) Have member stand upright (position of attention) with feet together, flat on the floor.
- (3) The measurement device must be a height scale, usually found on the back of standard scales, or at a minimum be made of metal or fiberglass.
- (4) Round measurements to the nearest whole number. Examples: 65.4 is recorded in DA as 65; 65.5 is recorded in DA as 66.
- (5) Because height does not change appreciably over time, it may not be necessary to re-measure height during every assessment. Commands must verify height at least on the first BCS of a member’s tour.

C. Standard Tape Method Measurement Guidelines for Percentage of Body Fat. The guidelines listed below must be followed when taking body fat percentage measurements.

1. Spring-Loaded Tension Tapes. For consistency purposes, the Gulick II spring-loaded tension tape measure is required to be used when conducting body fat assessments and abdominal circumference measurement. The manufacturer’s instructions must be followed.
2. Proper Technique of Measurements. When measuring circumferences, apply the tape so that it makes contact with the skin (with the exception of the buttocks measurement for females, in which case the measurement must be made over the member’s undergarments), conforms to the body surface being measured, and does not compress

the underlying soft tissues. Make all circumference measurements in the horizontal plane (i.e., parallel to the floor), with the exception of the neck measurement where the tape measure is placed perpendicular to the neck's long axis.

3. Proper Recording of Measurements. Take all circumference measurements three (3) times and record them to the nearest 1/2 inch. If any of the three measurements differs by more than one inch from the other two, take an additional measurement and compute a mathematical average of the three closest measurements to the nearest 1/2 inch and record this value. If three sets are within 1.0 inches of each other, do not average, use the lowest set's total as the circumference value. Refer to Sections 2.E through 2.G. of this Instruction for measurement procedures.
4. Order of Measurements. Each set of measurements must be completed sequentially to minimize errors associated with repetitive measurement readings. For example, when measuring males complete one set of abdomen and neck measurements, and then repeat in the same sequence/order until you have three sets of measurements. When measuring females complete one set of waist, hip, and neck measurements, and then repeat in the same sequence/order until you have three sets of measurements.
5. Body Fat Calculations. Body fat estimation charts are included in Enclosure (2). Circumference values (CV) are calculated from the formulas below and compared with the member's height to determine estimated body fat percentage. Round calculated results of the CV down to the nearest half-inch.
 - a. Male CV = Abdomen – Neck (in inches)
 - b. Female CV = Waist + Buttocks – Neck (in inches)
6. Gender Considerations for Measurements. Body fat measurements must be conducted by a member of the same gender as the person being measured.
7. Additional Procedures when Subject to Separation. In cases where a member is subject to separation, visual verification of measurements must be completed by a same gender member of the command cadre. For example, if the command cadre members is one gender except for the individual separating, the CO/OIC must ensure a same gender person outside of the command can verify the measurements.

D. Neck Measurement Procedure.

Step	Action
1	<p>Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. (Do not place the tape measure over the Adam's Apple.)</p> <p>Member should look straight ahead during measurement, with shoulders down (not hunched).</p> <p>Care should be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.</p>
2	<p>Round neck measurement up to the nearest 1/2 inch (e.g., round 16 1/4 inches to 16 1/2 inches).</p>

E. Circumference Value Measurement for Men.

Step	Action
1	Measure abdominal circumference against the skin at the navel (belly button), level and parallel to the floor. <ul style="list-style-type: none"> • Arms are at the sides. • Record the measurement at the end of member's normal, relaxed exhalation. Member will not hold breath during measurements.
2	Round abdominal measurement down to the nearest 1/2 inch. (e.g., round 34 3/4 to 34 1/2).
3	Determine the circumference value by subtracting the neck measurement from the abdominal measurement. Example: If the neck measurement is 12 inches and the waist measurement is 36 inches, the circumference value will be 24.0 (36.0-12.0=24.0).
4	Compare this value against the height measurement in the percent fat estimation chart (Enclosure 2) to determine the estimated body fat percentage. Example: If the circumference value is 24.0 and the height of the member is 62.0, the body fat percentage will be 30. %BF formula for men: $\%BF = 86.010 \times \log_{10}(\text{abdomen-neck}) - 70.041 \times \log_{10}(\text{height}) + 36.76$

F. Circumference Value Measurement for Women.

Step	Action
1	<p>Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breast bone).</p> <p>Be sure that the tape is level and parallel to the floor.</p> <p>The service member's arms must be at the sides.</p> <p>Take measurements at the end of member's normal relaxed exhalation. Member will not hold breath during measurements.</p>
2	<p>Round the natural waist measurement down to the nearest 1/2 inch (e.g., round 28 5/8 inches to 28 1/2 inches).</p>
3	<p>Measure the hip circumference while facing the member's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) as viewed from the side.</p> <p>Make sure the tape is level and parallel to the floor. Apply sufficient tension to tension-tape to minimize the effect of clothing.</p>
4	<p>Round the hip measurement down to the nearest 1/2 inch. (e.g., round 44 3/8 inches to 44 inches).</p>
5	<p>Determine the circumference value by:</p> <ul style="list-style-type: none"> • adding the waist and buttocks measurement, and • subtracting the neck measurement. <p>Example: If the neck measurement is 12 inches and the waist and buttock measurement are 24 and 36 inches respectively, the circumference value will be 48.0 (24.0+36.0-12.0=48.0).</p>

Step	Action
6	<p>Compare this value against the height measurement in the percent fat estimation chart (Enclosure 2), to determine the estimated body fat percentage.</p> <p>Example: If the circumference value is 48.0 and the height of the member is 60.0, the body fat percentage will be 22.</p> <p>%BF formula for women:</p> $\%BF = 163.205 \times \log_{10}(\text{waist} + \text{hip} - \text{neck}) - 97.684 \times \log_{10}(\text{height}) - 78.387$

G. Abdominal Circumference (AC) Measurement. The guidelines listed below must be followed when taking AC measurements.

1. Policy. The AC is a circumferential measure of abdominal girth at the iliac crest (top of the hipbone).
2. General. This measurement is highly correlated with internal fat and indicative of true disease risk independent of body mass. Increased health risks associated with being overfat are not only related to total body fat, but also more closely to fat distribution. Abdominal fat presents metabolic disorders such as diabetes. Reducing abdominal girth or circumference is more important than normalizing body weight. Since abdominal fat is an independent risk factor for disease, the evaluation of AC is important to a member's health risk.

H. Measuring the Abdominal Circumference. The guidelines listed below must be followed when taking AC measurements.

1. Spring-Loaded Tension Tapes. For consistency purposes, the Gulick II spring-loaded tension tape measure is required to be used when conducting the AC measurement and the manufacturer's instructions must be followed.
2. Proper Technique of Measurements. When measuring circumferences, apply the tape so that it makes contact with the skin, conforms to the body surface being measured, and does not compress the underlying soft tissues. Two persons, a taper and an observer, will conduct the AC measurement of the member. The gender of the taper, observer, and member must be the same. The taper will take the measurement and the observer will read the taping instructions and ensure that taping is performed correctly. For consistency purposes, spring-loaded tension tape measurers are required to be used when measuring AC, and the manufacturer's instructions must be followed. The instructions must be read to the member at the start of an AC measurement procedure. A "how to measure" AC video available at <https://dcms.uscg.mil/military/Body-Composition-Program/>.
3. Verbal Instructions. Prior to taking the AC measurement, the taper must read the following instructions to all military members, "Please stand facing forward with your arms to your side similar to attention position. I will take the measurement from your

right hand side on bare skin. You will adjust your clothing so it does not fall over your waist during the measurement. I will set the end of the tape directly above your hip-bone (iliac crest) and ask you to hold it in place. I will walk around you to confirm parallel placement of the tape and then I will kneel down to measure the AC at the end of your normal breath exhalation. Make sure you do not hold your breath. I will take your measurement three times. If there is more than 1 inch difference I will take a fourth measurement. I will average the closest three measurements and round the result down to the nearest ½ inch and that will be your recorded score.”

I. Proper Recording of Measurements.

1. Measurement. The member will stand facing forward with their arms to their side similar to the position of attention. The taper will take the measurement from member's right hand side. AC is measured to skin and the member will adjust clothing so it does not fall over their waist during the measurement. The taper will set the end of the tape directly above the hip-bone (iliac crest) and ask the member to hold it in place (if desired, the member may assist in locating the measurement landmark by resting the right hand on the hip, using rearward facing right thumb to locate the iliac crest). The taper will walk around to confirm parallel placement of the tape and then kneel down to measure the AC at the end of the member's normal breath exhalation. The taper will make sure the member does not hold their breath. The taper will repeat the sequence/order measurement three times and record each measurement rounding down to the nearest 1/2 inch. If any of the measurements differ by more than one inch from the other two, an additional measurement will be taken by the taper. The taper will add up the three closest measurements divide by three, and round down to the nearest 1/2 inch. The taper will record this as the AC measurement. The AC measurement will be taken by someone of the same gender as the member being evaluated.
2. The AC Standard. The maximum AC is 39.0 inches for males and 35.5 inches for females. Any measurement at or under the maximum circumference will be considered compliant with the Body Composition Program.

J. Physical Fitness Test

1. General Guidelines.
 - a. If a member exceeds their MAW and does not show compliance through body fat assessment or AC measurement, the member must be given a medical pre-screening questionnaire to determine eligibility for a medical abeyance or clearance by a medical officer to take the PFT. Medical screening procedures are specified in Reference (a).
 - b. The only authorized PFT is the boat crew fitness test specified in Reference (c).

- c. If a member is medically fit to take the test, they will be considered compliant if they pass the PFT. Members who decline to take the PFT or fail to complete the screening questionnaire will be considered to have not passed the PFT.
 - d. Members must be cleared by a medical officer to take the PFT.
 - e. The PFT for active duty personnel should be administered within five business days after the member has been cleared. Reserve members must complete and submit PFT pre-screen form on same day as BCS, timeline for administration of PFT will be within a reasonable time (normally < 45 days) as determined by Command.
 - f. Units will use the Fitness Assessment Protocols and Procedures Guide, in conjunction with Reference (c) to conduct the PFT. The guide can be found at: <https://dcms.uscg.mil/military/Body-Composition-Program/>.
 - g. If the member elects the 12-minute swim as an alternative to the 1.5 mile run, commands must assist the member in locating an appropriate swimming pool. Local commands will be responsible for any pool fees that are incurred.
 - h. PFT scores will be recorded in Training Management Tool (TMT) and Direct Access (DA). Commands will notify their local admin if a member passed or did not pass the PFT for compliance.
2. Probation Determination. Weight probation will begin when a member has exceeded their MAW, fails compliance through one or both of the taping measurements, and fails compliance through the PFT. Non-compliance with the PFT occurs when;
- a. A medical officer determines that the member is not cleared to take the PFT, and they do not qualify for a medical abeyance or exemption, or;
 - b. The member declines to take the PFT after being cleared by medical to take the PFT, or;
 - c. The member does not pass the PFT.

K. Body Composition Program Compliance Determination.

- 1. Policy. Record members weight information in DA within 10 days of BCS or sooner if required for a training command's use by paragraphs 2.A.4.b and 2.A.4.c.
- 2. General. Members are compliant with Coast Guard Body Composition standards for a given BCS cycle if they meet any one of the following four conditions:
 - a. Member does not exceed maximum screening weight; or
 - b. Member is within maximum allowable body fat standards; or
 - c. Member is within abdominal circumference measurement standard; or

- d. Member successfully completes Physical Fitness Test; or
- e. Member has an approved abeyance or exemption.

L. Standards for Separation. All members who are ineligible for probation (exceed their abdominal circumference measurement by more than four inches, and Maximum Allowable Body Fat (MABF) percentage by more than eight percent, and exceed their maximum screening weight by more than 35 pounds) and do not, or cannot, pass a Physical Fitness Test are subject to separation unless given a medical abeyance. Screening weights, MABF percentages, and maximum AC values are listed in Enclosures (1) and (2).

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Chapter 3 BODY COMPOSITION PROGRAM NON-COMPLIANCE

A. Consequences of Non-Compliance with Body Composition Standards. If a member is found non-compliant with the body composition standards, the following limitations and restrictions apply:

1. Withholding of Advancement, Promotion, and Frocking.
 - a. Enlisted members may compete for advancement if non-compliant with body composition standards. However, they will not advance until they have met these standards. Graduates of "A" schools who are not in compliance with the Body Composition Program will be assigned a designator but will not be advanced in grade until they have met body composition standards. See paragraph 3.A.3.d of this Instruction for further guidance.
 - b. Officers may be considered and selected at a promotion board if non-compliant with body composition standards. However, they will not be promoted until they have met these standards.
 - c. For additional information on withholding advancements or promotions, see Chapter 3 of Reference (b) or Chapter 3 of Reference (d).
2. Assignment Restrictions.
 - a. If non-compliant with these standards, members should not be assigned to command cadre, special assignment selections, or other high visibility billets, such as:
 - (1) Commanding officer/officer in charge;
 - (2) Executive officer/executive petty officer;
 - (3) White House, House, Senate, or Congressional staff;
 - (4) Liaison assignment to other agencies;
 - (5) Command master chief;
 - (6) Rating force master chief;
 - (7) Public affairs staff positions;
 - (8) Instructor duty;
 - (9) Recruiting duty;
 - (10) Honor Guard;
 - (11) Academy company officer;
 - (12) Academy company chief; or,

- (13) Recruit training including: Cape May Regimental Officer, Battalion Commander, and Company Commander.
- b. Execution of PCS orders should not occur unless prior authorization in writing is provided by CG PSC (EPM-2), (OPM-2), or (RPM-2), as appropriate.
 - c. Ordering reservists who are non-compliant to any type of active duty other than annual active duty for training (ADT-AT) to meet their annual training requirement must not occur.
3. Resident Training Restrictions.
- a. Non-compliant members may not be assigned to the following resident training courses:
 - (1) Chief Petty Officer Academy (CPOACAD);
 - (2) Senior Enlisted Leadership Course (SELC);
 - (3) Prospective Commanding Officer/Prospective Executive Officer (PCO/PXO) school;
 - (4) Prospective Operations Officer (POPS) School;
 - (5) Chief Warrant Officer Professional Development (CWOPD) Course;
 - (6) “A” schools; and,
 - (7) Attendance at any leadership course hosted outside the Coast Guard (e.g., Non-Commissioned Officer Academy, Navy Senior Enlisted Academy, etc.).
 - b. If the member is found non-compliant with body composition standards upon commencement of training, they may be dis-enrolled and returned to the parent unit if the probation period assigned to the member exceeds the length of the school (see the table below for determination steps). “A” school students may be reassigned by CG PSC back to their parent units. Those members who meet the conditions of Section 4.A. of this Instruction shall be dis-enrolled or reassigned by CG PSC (if an “A” school student), and returned to their parent unit.
 - c. Follow the steps outlined in the table below to address members found to exceed body composition standards upon reporting to resident training programs in paragraph 3.A.3.a.

Step	Action
1	Calculate the member's probationary period based on the member's measurements. See Section 3.D of this Instruction.
2	If the probationary period would be: <ul style="list-style-type: none"> • less than the time required to complete the course of instruction, go to step 3. • greater than the length of time required to complete the course of instruction, go to step 4.
Probationary Period Less Than Course Duration	
3	The member will be: <ul style="list-style-type: none"> • permitted to remain in the training, and • placed on weight probation.
Probationary Period Greater Than Course Duration	
4	The member may be: <ul style="list-style-type: none"> • immediately dis-enrolled with a fault disenrollment, and • reassigned by CG PSC (if an "A" school student) and returned to parent unit.
5	The training command must send a message to the member's parent command, notifying them of the disenrollment. Note: Copies of the message must be sent to: <ul style="list-style-type: none"> • Commandant (CG-133), • FC-T, • the gold badge CMC for parent unit, and • the flag officer responsible for parent unit.

- d. Follow the steps outlined below for members found non-compliant with body composition standards immediately prior to graduation.

Step	Action
1	The commanding officer (or designee) will allow the member to complete the training but should withhold the certification, advancement, and/or qualification until the member is compliant.
2	The member will be placed on probation and will: <ul style="list-style-type: none"> • be assigned a designator if an "A" school student, • not be entitled to their enlistment bonus until they are compliant, and • be transferred to fill the appropriate petty officer position for which the training was provided, or as needs of the service dictate.

B. Documentation of Non-Compliance. Documentation of non-compliance is imperative to track a member's history within the Coast Guard Body Composition Standards Program. Completion of mandatory Administrative Remarks, form CG-3307, must not be delayed. Sample entries are available with downloadable entries on the CG Pay and Personnel Center (CG PPC) website: <https://www.dcms.uscg.mil/ppc/pd/page7/#list>.

1. Requirement for Documentation. All members found non-compliant with body composition standards during any BCS must sign the CG-3307 documenting their non-compliance unless covered by an abeyance or exemption as listed in Chapter 5 of this Instruction.
2. Exceptions to Required Documentation. An authorized abeyance or exemption spanning the entire month of April or October equates to compliance and will not be counted as a "strike" per Chapter 4 of this Instruction or documented as non-compliance.

C. Post BCS Period (30-days).

1. Member Required Actions. Non-compliant members must schedule an appointment with a CG medical officer or civilian medical provider and complete a form SF-600 within 30 days of a non-compliant weight screening. Failure to complete this requirement in a timely fashion may result in administrative and/or disciplinary action.
2. Member Failure to Complete Required Documents. Commands may consider failure to complete any of these requirements within 30 days a failure to demonstrate reasonable progress under paragraph 3.D.5.b.(1) of this Instruction, and such failure may result in disciplinary and/or administrative action. Contact the responsible Reserve Force Readiness Staff (RFRS) for guidance regarding reserve members.
3. Members Who Achieve Compliance Prior to the 30-day Deadline. If members come into compliance during the 30-day window following a non-compliant BCS, they must still comply with paragraph 3.B.1. of this Instruction. All documentation of the member's non-compliance will remain in the member's PDR. If the non-compliance was the result of a semiannual weight screening, it will count as a strike for the purposes of the "three-strike rule."

D. Probation.

1. Commencing Probation. Probationary periods begin immediately upon a non-compliant BCS. Members on probation must wait at least 30 days for initial probation BCS.
2. Eligibility for Probation. Members who are found non-compliant and exceed maximum allowable body fat by eight percent or less or exceed maximum screening weight by 35 pounds or less or exceed maximum allowable abdominal circumference by four inches or less are eligible for probation.

3. Ineligible for Probation.

- a. Members who exceed maximum allowable body fat by more than eight percent, and exceed maximum allowable abdominal circumference by more than four inches and maximum screening weight by over 35 pounds, are ineligible for probation and unless they successfully pass PFT, will be processed for separation.
- b. Members who are non-compliant for a third consecutive time within a 14-month period are ineligible for probation and will be processed for separation.
- c. Members receiving a third strike as explained in paragraph 4.A.5 of this Instruction are ineligible for probation and will be processed for separation.

4. Probation Duration.

- a. Probation start date determination. Probation will begin when a member has exceeded their MAW, fails compliance through one or both of the taping measurements, and fails compliance through the PFT. Non-compliance with the PFT occurs when:
 - (1) A medical officer determines that the member is not cleared to take the PFT, and they do not qualify for a medical abeyance or exemption, or;
 - (2) The member declines to take the PFT, or;
 - (3) The member does not pass the PFT.
- b. The probationary period will equal the amount of time it would take the member to lose all excess body fat at an average of one percent body fat per month, AC measurement of 0.5 inches per month or one pound per week, whichever is greater, unless the probationary period would exceed 35 weeks.
- c. A copy of the probation worksheet detailing the computation of the probationary period will be provided to the member upon their request.
- d. If the member's MABF percentage, AC measurement and BMI screening weight would result in a probationary period exceeding a period of eight months, they will be processed for immediate separation.

5. Requirements during Probation.

- a. Members on probation must:
 - (1) Follow the provisions of Reference (a); and,
 - (2) BCS with unit administrative staff, at a minimum, once per month to monitor weight/body fat/AC measurement loss. The first probation BCS must be at least 30 days from probation begin date. The commanding officer may require the monthly weight check randomly and with no notice during the month. "Best practice" examples of unit produced BCS monitoring forms are available on the

CG-133 Body Composition website: <https://www.dcms.uscg.mil/military/Body-Composition-Program/> .

- (3) Must go through entire BCS process prior to using the Physical Fitness Test as a method of compliance to end probation.
- b. Progress during Probation.
 - (1) Members must demonstrate reasonable and consistent progress throughout their probationary period. Failure to demonstrate reasonable and consistent progress may provide sufficient grounds for separation before the probationary period expires. (For example, members who gain weight or are not halfway towards compliance at the midpoint of their probationary period may be recommended for separation.)
 - (2) Members who come into compliance while on probation will no longer be subject to the requirements of paragraph 3.D.5.a. of this Instruction, and the probationary period will be terminated. This must be documented in form CG-3307.
6. Semiannual BCSs (April and October) During Probation.
 - a. Members on probation are be required to complete semiannual BCSs. A form CG-3307 entry documenting the non-compliant BCS is required, along with an update to DA. There will be no change to the member's current probation period.
 - b. Failed semiannual BCSs while on probation count as a consecutive strike toward the three-strike rule.
7. Illness or Injury While on Probation. Non-compliant members who have an injury or illness should be referred to their primary care manager. Members are encouraged to seek guidance from primary care manager concerning safe exercises and healthy eating habits to maintain progress towards compliance. In most cases, neither illness nor injury will indicate authorization of an abeyance or exemption and members should continue to make vigilant effort to come into compliance.
8. Conclusion of the Probation Period.
 - a. At the end of the probationary period the command must evaluate the member for compliance. If the case warrants special consideration (e.g., physical injury, illness, or members who have made reasonable progress and are near compliance), the CO or OIC may extend the probationary period by an additional 30 days. Extension must be documented by using form CG-3307.
 - b. The table below outlines the actions to be taken by the member's command.

Step	Action
1	Evaluate the member against body composition screening standards. <ul style="list-style-type: none"> • If the member is compliant, go to step 2. • If the member is not compliant, go to step 3.
	Member Compliant
2	<ul style="list-style-type: none"> • Prepare form CG-3307 documenting compliance.
	Member Not Compliant
3	<ul style="list-style-type: none"> • Conduct command verification of measurements • Prepare the necessary form CG-3307 documenting non-compliance. • Process the member for separation. See Chapter 4 of this Instruction for further guidance.
4	Requests for separation will be submitted to PSC (EPM-1, OPM-1, or RPM-1) as outlined in Chapter 4 of this Instruction.

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Chapter 4 SEPARATIONS

A. Conditions for Separation. Members who meet any one of the following criteria must be recommended for separation:

1. Separation In Lieu of Probation. Members who exceed their BMI screening weight, maximum allowable body fat percentage, and maximum allowable abdominal circumference to such an extent that they would be placed in a probationary period greater than eight months by body fat calculations and more than 35 weeks by weight calculations and do not successfully complete PFT (Members who exceed these standards are required to complete a form SF-600, prior to being recommended for separation).
2. Failure to Progress During Probation. Members who fail to demonstrate reasonable and consistent progress during probation (example: a member who is not halfway towards compliance at the midpoint of their probationary period).
3. Non-Compliant at End of Probation. Members who fail to comply with their weight, body fat, AC measurement or PFT requirement by the end of their probation.
4. Third Probationary Period in 14 Months. Members who have been placed on weight probation for the third time in a 14-month period (The 14-month period begins on the date the member is placed on a probationary status).
5. Three Consecutive Failed Semiannual BCSs. Members who fail to maintain compliance with body composition standards three consecutive semiannual BCSs (Apr-Oct-Apr or Oct-Apr-Oct), also known as the three-strike rule.
 - a. A failed semiannual BCS that occurs while a member is on probation does count as a strike for the purposes of this policy.
 - b. Failed compliance noted during a BCS for any other purpose (i.e., to attend a service school requiring demonstrated compliance) does not count as a strike.
 - c. A member who fails a third consecutive semiannual BCS while on probation will be processed for separation regardless of the current probationary period.

B. Approving Authority. CG PSC-EPM/OPM/RPM are the approving officials for all separation requests.

C. Separation Requests.

1. Submission Time Line for Separation Packages. All separation packages must be received by Commander (CG PSC-EPM-1), (CG PSC-OPM-1), or (CG PSC-RPM-1) within 30 calendar days of the date the separation conditions listed in section 4.A. of this Instruction are met.
2. Contents of Separation Package. The following must be included in all requests for separation:

- a. Memo recommending separation. The memo should include separation BCS measurements verified by command cadre.
 - b. Copies of all CG-3307 forms concerning non-compliance with body composition standards.
 - c. Copies of applicable health record entries.
 - d. Copy of Form SF-600 from most recent probation, as applicable.
3. Non-Compliant PHS Officers. Non-compliant PHS officers will be transferred to the Department of Health and Human Services.
4. Reserve Specific. In accordance with paragraph 5.N of Reference (e), reservists who meet the conditions for separation listed in section 4.A of this Instruction will be transferred to the Standby Reserve, Inactive Status List (ISL) for one year. Submit requests for Reserve officers and enlisted personnel for approval to CG PSC-RPM via the member's SPO.
- a. If the reservist comes into compliance during the year assigned to ISL, they may request a transfer back to the Ready Reserve. CG PSC will evaluate transfer of the member on a case-by-case basis considering service needs, history of member's compliance, and past performance.
 - b. If the reservist does not come into compliance during the year assigned to the ISL, they will be processed for separation. Officers will be screened by the Mobilization Disposition Board to recommend separation or retirement in accordance with Reference (e).
5. Members Recommended for Separation Who Become Compliant Prior to Separation Date. Members who meet the conditions for separation listed in section 4.A. of this Instruction who achieve compliance prior to completion of the separation process are still subject to separation. Commands are required to submit the separation package to Commander (CG PSC-EPM/OPM/RPM). In accordance with article 1.B.24 of Reference (f), CG PSC-EPM/OPM/RPM may conditionally suspend the execution of the discharge based upon service needs, the member's history of compliance, and the member's past performance.
- D. Repayment of Bonuses. If the member is ultimately discharged because of failure to comply with the Coast Guard Body Composition Program, all unearned bonus payments must be repaid to the Coast Guard upon separation.
- E. Retirement Eligible Members. Members subject to separation and eligible for retirement may request retirement in lieu of separation. Retirement dates will generally be between 30 and 60 days from the date the request is approved. Once approved, retirements in lieu of separation cannot be cancelled even if the member becomes compliant with the Coast Guard Body Composition Program prior to retirement.

F. Members with Approved Retirement. Members with an approved retirement date must continue to comply with the provisions outlined in this Instruction. Non-compliant members risk separation in lieu of retirement or adjustment of retirement date due to non-compliance.

G. Reenlistments, Extensions, and Re-Entry Enlistments.

1. Reenlistments. Reenlistment under this Chapter pertains to active duty or reserve component members who wish to reenlist in the Coast Guard or Coast Guard Reserve while non-compliant.
2. Extensions. Extensions under this Chapter pertain to contract length extensions (for example, a member is at the end of their four year contract and wants to “extend” for one year).
3. Policy on Reenlistments and Extensions.
 - a. Members who are non-compliant may be authorized by their CO to reenlist or extend if they are otherwise qualified. Any weight loss probationary period remains in effect.
 - b. Guidance on non-compliance and impact on bonus eligibility can be found in Reference (j), Military Bonus Programs, COMDTINST 7220.2 (series).
4. Re-Entry Enlistments. For the purpose of this section, re-entry enlistment pertains only to members who have been discharged for non-compliance and are subsequently seeking to re-enter the service.
 - a. Conditions for Approving Re-Entry Enlistments. Active duty enlisted members discharged for exceeding weight standards who subsequently seek to re-enter the service may request re-entry provided:
 - (1) They comply with body composition standards; and,
 - (2) They have been out of the service no more than 24 months.
 - b. Approving Authority for Re-Entry Enlistments (Active Duty). CG PSC EPM-1 is the approving authority for all re-entry enlistments for members discharged from the Coast Guard due to non-compliance. They will evaluate requests individually based on:
 - (1) Service needs,
 - (2) The member’s history of compliance, and
 - (3) The member's past performance.
 - c. Former reserve members should contact CG PSC RPM-1 for re-entry.

- d. Processing Authority for Re-Entry Enlistments: All re-entry enlistments for members discharged for non-compliance will be processed at a Coast Guard recruiting office.

Chapter 5 ABEYANCES AND EXEMPTIONS TO PROBATION

A. Medical Abeyances.

1. Approving Authority. CG PSC-psd is the approving official for all medical abeyance/exemption requests. Each medically related abeyance request will be treated as unique and evaluated on a case-by-case basis. Commands should not forward requests for medical abeyances to CG PSC-psd until a diagnosis is made. Awaiting a medical diagnosis or abeyance decision does not constitute reason to waive or delay weight screening, documentation, and/or probation procedures.
2. Intent. The intent of authorizing a medical abeyance is to avoid penalizing a member who may be non-compliant due to medical conditions/medications that directly contribute to weight gain. Injuries or illnesses that interfere with a member's ability to exercise are not grounds for a medical abeyance. Commands do not have to wait until a member is found non-compliant to request a medical abeyance.
3. Abeyance Examples.
 - a. Medical abeyance requests will only be granted for cases involving diagnosed physiological medical conditions or use of prescription medications (which are not disqualifying for continued service) that contribute to the member's inability to maintain compliance with weight standards.
 - b. Abeyance requests that stem from medical conditions which may restrict a member's ability to exercise, but otherwise have no physiological impact on the member's ability to lose weight/body fat through proper diet or exercise, will not be approved.
 - c. The following chart provides some representative examples of qualifying and non-qualifying medical conditions:

Qualifying Medical Examples	Non-qualifying Medical Examples
<ul style="list-style-type: none"> • Hypothyroidism • Polycystic Ovarian Syndrome • Prolonged use of prescribed Corticosteroids 	<ul style="list-style-type: none"> • Mood disorders • Ankle sprain • Stretching or tearing a muscle • Broken bones • Back pain

4. Abeyance Requests.
 - a. The following must be included in all requests for a weight abeyance:
 - (1) A memo from the command requesting an abeyance that includes the member's name, employee identification (EMPLID), current weight, body fat measurements, and AC measurements, reason for abeyance, and the command point of contact.

- (2) Signed copy of the Authorization for Disclosure of Medical or Dental Information, form DD-2870.
 - (3) A copy of all form CG-3307s related to the member's current weight probation (if applicable) and past weight probations, abeyances, and tobacco cessation programs.
 - (4) Copy of form SF-600, signed by the command and reviewing physician.
 - (5) Any documentation from medical related to the abeyance request including any medication currently being taken.
5. Length of Abeyance. If a medical abeyance is approved, CG PSC-psd will grant an adequate period of time to allow the member's specific medical condition to be effectively stabilized. During this period, members who exceed standards will be considered compliant and will therefore not accumulate strikes per the three-strike rule.
6. Requirements During Abeyance.
- a. Members granted a medical abeyance are not required to participate in body composition screenings. However, members who exceed standards during an authorized abeyance will be considered program compliant.
 - b. The abeyance period should be utilized by the member to come into compliance as they will be accountable to the standards once their medical condition is stabilized. The abeyance period will not be considered a probationary period, though the member is still required to abide by the provisions of paragraph 5.A.4 of this Instruction.
 - c. A member with an approved abeyance will be screened upon the completion of the abeyance period to verify weight compliance per paragraph 2.A.3.a of this Instruction.
7. Abeyance Extension. While no permanent abeyance will be granted, on a case-by-case basis, CG PSC-psd may grant an extension to a medical abeyance if circumstances warrant. Commands requesting an extension must contact CG PSC-psd prior to the end of their medical abeyance period.

B. Maternity Exemptions.

- 1. Pregnancy Exemption. A service member is exempt from compliance with body composition standards during pregnancy. Units must complete a form SF-600 documenting the exemption that will be reflected in DA during semiannual weight screening periods.
- 2. Post-Birth/Termination Exemption. Members under this exemption are not required to participate in body composition screenings. During this period, members who exceed program standards will be considered compliant. In cases where the end date of a

pregnancy is unclear, a note from a medical provider will be required establishing the date the pregnancy ended.

- a. Member who were pregnant less than twenty weeks are exempt for six months from the date of pregnancy termination or loss.
 - b. Members who were pregnant 20 weeks or more are exempt for 12 months from the date of pregnancy completion, termination, or loss.
3. Expiration of Exemption. Upon expiration of the exemption period, a screening shall be conducted to determine compliance.
 4. Routine maternity exemptions. Routine maternity exemptions are authorized to be executed at the unit level. In the case of privacy concerns, a member may request a post-birth/termination exemption under this article directly to Commander (CG PSC-psd fs), providing supporting documentation from a medical provider establishing the date the pregnancy ended. An exemption authorization will be provided to the member and command for administrative purposes.

C. Tobacco Cessation Exemption.

1. Tobacco Cessation Policy.
 - a. Members who are addicted to tobacco may submit a request through their chain of command to CG PSC-psd for a one-time, six-month exemption. If authorized, the tobacco cessation exemption period will commence on the day the member quit smoking and conclude six months thereafter. During this period, members who exceed program standards will be considered compliant.
 - b. Tobacco cessation exemptions will not be granted to members who are non-compliant on the date of the request. Commands must verify member compliance by conducting a BCS prior to submitting a tobacco cessation exemption request. Upon verifying compliance the exemption will be documented on form CG-3307.
 - c. Members under this exemption are not required to participate in body composition screenings, during this period, members who exceed program standards will be considered compliant.
2. Purpose of Tobacco Cessation Exemption. It is possible that members who cease the use of tobacco products may gain weight. The intent of the tobacco cessation exemption is to encourage members who are within Coast Guard body composition standards to quit using tobacco products without fear of being found non-compliant due to subsequent weight gain. This is an incentive for members to quit tobacco use and adopt a healthier lifestyle; therefore, members should not be penalized for trying to quit tobacco.
 - a. Members can minimize weight gain through healthy eating combined with exercise.

- b. Members are encouraged to use nutritional counseling to promote a healthy lifestyle change.
- c. The tobacco cessation exemption policy is not intended to be a placeholder for non-compliant members already in a weight probationary period status or used to avoid the three-strike rule.

3. Exemption Period for Tobacco Cessation.

- a. Authorized exemptions for tobacco cessation will be effective for a period of six months from the date the member informs command of their abstinence from nicotine containing products, either with or without the benefit of a formal tobacco cessation program.
- b. If a member does not remain nicotine free for the entire six-month period, the exemption must cease, and the member must immediately be screened and, if found non-compliant and if appropriate, placed on probation.
- c. Upon expiration of the exemption period, a screening shall be conducted to determine compliance.
- d. Member must follow policy and standards for healthy body fat loss in accordance with Reference (a).

D. Eating Disorders. Members who are diagnosed by a qualified medical professional with an eating disorder will be processed per Reference (f).

E. Sexual Assault Recovery Exemption.

1. Purpose of the Sexual Assault Recovery Exemption. The intent of this policy is to assist members with recovery from sexual assault.
2. Sexual Assault Recovery Exemption Policy.
 - a. A member who makes an unrestricted report of sexual assault, per Reference (i), may submit a one time, six month exemption request through their chain of command to Commander, CG PSC-psd under the following circumstances:
 - (1) The victim signed a Victim Reporting Preference Statement, Form CG-6095 and elected the unrestricted reporting option.
 - (2) The sexual assault, as defined in Reference (i), occurred within one year of the exemption request.
 - b. Members who receive an exemption must:
 - (1) Be considered compliant until the end of the exemption; and,

(2) Follow policy and standards for healthy body fat loss in accordance with Reference (a).

- c. At the expiration of the six month exemption period, if a member is found to be non-compliant, they must have the non-compliance documented on an Administrative Remarks, Form CG-3307 and be placed on probation. However, if the member exceeds maximum allowable body fat by more than eight percent, maximum allowable AC measurement by more than four inches and maximum screening weight by over 35 pounds, and does not successfully complete PFT, they must be processed for separation if active duty, transferred to the ISL if a reservist, or returned to the Department of Health and Human Services (Public Health Service).

F. Infertility Treatment Exemption. The Coast Guard recognizes that members may undergo physiological changes associated with the side effects of Assisted Reproductive Services (ARS) and Male Hormone Replacement Therapy (HRT) and/or the medications used for ARS/HRT resulting in exceeding CG body composition standards.

1. Eligibility.

- a. The following exemption must only be granted for members requesting qualifying treatment for infertility.
- b. Members are not required to be compliant with body composition standards when making the request.

2. Qualifying treatment.

- a. Only the following treatments qualify for an ARS/HRT exemption: in vitro fertilization (IVF), Gamete Intrafallopian Transfer (GIFT), and in vitro maturation (IVM), and male hormone replacement therapy. A member may request an exemption under this Article through their Commanding Officer to Commander (CG PSC-psd) after a military physician has positively endorsed a fertility treatment plan.
- b. No member is required to receive an ARS/HRT exemption prior to ARS/HRT treatment, but any member undergoing ARS/HRT without an ARS/HRT exemption must be held to policies and standards stated in Chapters 3 and 4 of this Instruction.

3. Request for ARS/HRT Exemption.

- a. Commander (CG PSC-psd) is the sole approving authority for ARS/HRT exemptions.
- b. A military physician must positively endorse the ARS/HRT treatment plan. The plan must clearly indicate the start date of the treatment and state that an increase in measurement of body fat is a possible side effect of treatment.
- c. After receiving the positive endorsement in Chapter 5 F.2.b. of this Instruction, a member may request an ARS/HRT exemption through their Commanding Officer to the approving authority.

4. Current ARS/HRT Exemption. Members who receive an ARS/HRT exemption are:
 - a. Not required to participate in all body composition screenings in accordance with Chapter 2 of this Instruction; and,
 - b. Be considered compliant until the end of the exemption.
5. Duration of ARS/HRT Exemption.
 - a. All ARS/HRT exemptions last 12 months from the date of approval and will only be cancelled earlier if the member becomes pregnant. A member diagnosed as pregnant must immediately follow policies and standards in Article 5.B. of this Instruction.
 - b. At the expiration of the ARS/HRT exemption, if a member is found to be noncompliant, their commanding officer must follow procedures, policies, and standards in Chapters 3 and 4 of this Instruction, as appropriate.
6. Limitations on ARS/HRT Exemption.
 - a. No extensions to the limits listed in Chapter 5 paragraph F.5. of this Instruction are authorized.
 - b. There is no limit on the number of ARS/HRT exemptions in a member's career.

SCREENING WEIGHTS , MAXIMUM ALLOWABLE BODY FAT PERCENTAGES, & MAXIMUM ABDOMINAL CIRCUMFERENCE.

- A. Screening Weights. Screening weights listed below are age and gender neutral. Service members who fall below the minimum weight standards must be referred for a medical evaluation.

Minimum Screening Weight (lbs)	Height (inches)	Maximum Screening Weight (lbs)
91	58	131
94	59	136
97	60	141
100	61	145
104	62	150
107	63	155
110	64	160
114	65	165
117	66	170
121	67	175
125	68	180
128	69	186
132	70	191
136	71	197
140	72	202
144	73	208
148	74	214
152	75	220
156	76	225
160	77	231
164	78	237
168	79	244
173	80	250

- B. Maximum Allowable Body Fat Percentage (MABF)

Age	Percent Body Fat (Men)	Percent Body Fat (Women)
Less than 30	22%	32%
Less than 40	24%	34%
Age 40 or greater	26%	36%

- C. Maximum Abdominal Circumference (AC) measurement. The maximum AC measurement is 39.0 inches for males and 35.5 inches for females.

PERCENT FAT ESTIMATION FOR MEN

Height (in)

CV *	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
13.5	10	10	9	9	8	8	7	7	7	6	6	5	5	4	4	3	3	3	2	2	1	1
14.0	12	11	11	10	10	9	9	8	8	7	7	7	6	6	5	5	4	4	4	3	3	2
14.5	13	13	12	12	11	11	10	10	9	9	8	8	7	7	7	6	6	5	5	5	4	4
15.0	14	14	13	13	12	12	11	11	10	10	10	9	9	8	8	7	7	7	6	6	5	5
15.5	16	15	15	14	14	13	13	12	12	11	11	10	10	9	9	9	8	8	7	7	7	6
16.0	17	16	16	15	15	14	14	13	13	12	12	12	11	11	10	10	9	9	9	8	8	7
16.5	18	17	17	16	16	15	15	14	14	14	13	13	12	12	11	11	11	10	10	9	9	9
17.0	19	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	10	10	10
17.5	20	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12	11	11
18.0	21	21	20	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13	13	12	12
18.5	22	22	21	21	20	20	19	19	18	18	17	17	16	16	16	15	15	14	14	14	13	13
19.0	23	23	22	22	21	21	20	20	19	19	18	18	18	17	17	16	16	15	15	15	14	14
19.5	24	24	23	23	22	22	21	21	20	20	19	19	18	18	18	17	17	16	16	16	15	15
20.0	25	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	17	17	17	16	16
20.5	26	26	25	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	17	17	17
21.0	27	26	26	25	25	24	24	24	23	23	22	22	21	21	20	20	20	19	19	18	18	18
21.5	28	27	27	26	26	25	25	24	24	23	23	23	22	22	21	21	20	20	20	19	19	18
22.0	29	28	28	27	27	26	26	25	25	24	24	23	23	23	22	22	21	21	20	20	20	19
22.5	30	29	29	28	28	27	27	26	26	25	25	24	24	23	23	23	22	22	21	21	21	20
23.0	30	30	29	29	28	28	27	27	26	26	25	25	24	24	23	23	23	22	22	22	21	21
23.5	31	31	30	30	29	29	28	28	27	27	26	26	25	25	25	24	24	23	23	23	22	22
24.0	32	31	31	30	30	29	29	28	28	28	27	27	26	26	25	25	25	24	24	23	23	23
24.5	33	32	32	31	31	30	30	29	29	28	28	27	27	27	26	26	25	25	24	24	24	23
25.0	33	33	32	32	31	31	30	30	30	29	29	28	28	27	27	26	26	26	25	25	24	24
25.5	34	34	33	33	32	32	31	31	30	30	29	29	29	28	28	27	27	26	26	26	25	25
26.0	35	34	34	33	33	32	32	31	31	31	30	30	29	29	28	28	28	27	27	26	26	26
26.5	36	35	35	34	34	33	33	32	32	31	31	30	30	30	29	29	28	28	27	27	27	26
27.0	36	36	35	35	34	34	33	33	32	32	31	31	30	30	30	29	29	29	28	28	27	27
27.5	37	37	36	36	35	35	34	34	33	33	32	32	31	31	30	30	30	29	29	28	28	28
28.0	38	37	37	36	36	35	35	34	34	33	33	32	32	32	31	31	30	30	29	29	29	28
28.5	38	38	37	37	36	36	35	34	34	34	33	33	32	32	31	31	31	30	30	30	29	29
29.0	39	39	38	37	37	37	36	36	35	35	34	34	33	33	32	32	31	31	31	30	30	30
29.5	40	39	39	38	38	37	37	36	36	35	35	34	34	34	33	33	32	32	31	31	31	30
30.0	40	40	39	39	38	38	37	37	36	36	35	35	35	34	34	33	33	32	32	32	31	31
30.5	41	40	40	39	39	38	38	37	37	36	36	35	35	34	34	34	33	33	32	32	32	32
31.0	42	41	40	40	39	39	38	38	37	37	36	36	35	35	34	34	34	33	33	33	33	32
31.5	42	42	41	41	40	40	39	39	38	38	37	37	36	36	36	35	35	34	34	33	33	33
32.0	43	42	42	41	41	40	40	39	39	38	38	37	37	37	36	36	35	35	34	34	34	33
32.5	43	43	42	42	41	41	40	40	39	39	38	38	38	37	37	36	36	35	35	35	34	34
33.0	44	43	43	42	42	41	41	40	40	39	39	38	38	37	37	36	36	36	36	35	35	34
33.5	44	44	43	43	42	42	41	41	40	40	40	39	39	38	38	37	37	36	36	36	35	35
34.0	45	44	44	43	43	42	42	42	41	41	40	40	39	39	38	38	38	37	37	36	36	36
34.5	46	45	44	44	43	43	43	42	42	41	41	40	40	39	39	39	38	38	37	37	37	36
35.0	46	46	45	45	44	44	43	43	42	42	41	41	40	40	39	39	39	38	38	37	37	37

* Circumference Value = abdomen circumference - neck circumference (in inches)

PERCENT FAT ESTIMATION FOR WOMEN (1 of 2)

Height (in)

CV *	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
45.0	19	18	18	17	16	16	15	14	14	13	12	12	11	11	10	9	9	8	8	7	7	6
45.5	20	19	19	18	17	16	16	15	14	14	13	13	12	11	11	10	10	9	8	8	7	7
46.0	21	20	19	19	18	17	17	16	15	15	14	13	13	12	12	11	10	10	9	9	8	8
46.5	21	21	20	19	19	18	17	17	16	15	14	14	13	12	12	11	11	10	9	9	8	8
47.0	22	22	21	20	19	19	18	17	17	16	16	15	14	14	13	12	12	11	11	10	10	9
47.5	23	22	22	21	20	19	19	18	18	17	16	16	15	14	14	13	13	12	12	11	10	10
48.0	24	23	22	22	21	20	20	19	18	18	17	16	16	15	15	14	13	13	12	12	11	11
48.5	24	24	23	22	22	21	20	20	19	18	18	17	16	16	15	14	14	13	13	12	12	11
49.0	25	24	24	23	22	22	21	20	20	19	18	18	17	17	16	15	14	14	13	13	12	12
49.5	26	25	24	24	23	22	22	21	20	20	19	19	18	17	17	16	16	15	14	14	13	13
50.0	27	26	25	24	24	23	22	22	21	21	20	19	19	18	17	17	16	16	15	15	14	14
50.5	27	27	26	25	25	24	23	23	22	21	21	20	19	19	18	18	17	16	16	15	15	14
51.0	28	27	27	26	25	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	15	15
51.5	29	28	27	27	26	25	25	24	23	23	22	21	21	20	20	19	18	18	17	17	16	16
52.0	29	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	17	17	16	16
52.5	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	20	20	19	19	18	18	17
53.0	31	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	20	20	19	19	18	18
53.5	31	31	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	21	20	19	19	18
54.0	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20	20	19
54.5	33	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20	20
55.0	33	33	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20
55.5	34	33	33	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	23	22	21	21
56.0	35	34	33	33	32	31	30	30	29	29	28	27	27	26	25	25	24	24	23	23	22	22
56.5	35	35	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	24	24	23	23	22
57.0	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	24	24	23	23
57.5	37	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	25	24	23
58.0	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	25	24
58.5	38	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	25
59.0	38	38	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25
59.5	39	38	38	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	27	27	26	26
60.0	40	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28	27	26
60.5	40	39	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28	27
61.0	41	40	39	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28
61.5	41	41	40	39	38	38	37	36	36	35	35	34	33	33	32	32	31	30	30	29	29	28
62.0	42	41	40	40	39	38	38	37	36	36	35	35	34	33	33	32	32	31	30	30	29	29
62.5	42	42	41	40	40	39	38	38	37	36	36	35	34	34	33	33	32	32	31	30	30	29
63.0	43	42	42	41	40	40	39	38	38	37	36	36	35	34	34	33	33	32	32	31	30	30
63.5	44	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32	31	30
64.0	44	43	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32	31
64.5	45	44	43	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32
65.0	45	45	44	43	42	42	41	40	40	39	38	38	37	37	36	35	34	34	33	33	33	32
65.5	46	45	44	44	43	42	42	41	40	40	39	38	38	37	37	36	35	34	34	34	33	33
66.0	46	46	45	44	43	43	42	41	41	40	40	39	38	38	37	37	36	35	34	34	34	33
66.5	47	46	45	45	44	43	43	42	41	41	40	39	39	38	38	37	37	36	35	35	34	34

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

PERCENT FAT ESTIMATION FOR WOMEN (2 of 2)

Height (in)

CV *	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
67.0	47	47	46	45	45	44	43	43	42	41	41	40	39	39	38	38	37	36	36	35	35	34
67.5	48	47	46	46	45	44	44	43	42	42	41	41	40	39	39	38	38	37	36	36	35	35
68.0	48	48	47	46	46	45	44	44	43	42	42	41	40	40	39	39	38	38	37	36	36	35
68.5	49	48	48	47	46	45	45	44	43	43	42	42	41	40	40	39	39	38	37	37	36	36
69.0	49	49	48	47	47	46	45	45	44	43	43	42	41	41	40	40	39	39	38	37	37	36
69.5	50	49	49	48	47	46	46	45	44	44	43	43	42	41	41	40	40	39	39	38	37	37
70.0	50	50	49	48	48	47	46	46	45	44	44	43	43	42	41	41	40	40	39	38	38	37
70.5	51	50	50	49	48	47	47	46	46	45	44	44	43	42	42	41	41	40	40	39	38	38
71.0	51	51	50	49	49	48	47	47	46	45	45	44	44	43	42	42	41	41	40	39	39	38
71.5	52	51	51	50	49	48	48	47	47	46	45	45	44	43	43	42	42	41	41	40	39	39
72.0	52	52	51	50	50	49	48	48	47	46	46	45	45	44	43	43	42	42	41	40	40	39
72.5	53	52	52	51	50	49	49	48	47	47	46	46	45	44	44	43	43	42	42	41	40	40
73.0	53	53	52	51	51	50	49	49	48	47	47	46	45	45	44	44	43	43	42	41	41	40
73.5	54	53	53	52	51	50	50	49	48	48	47	47	46	45	45	44	44	43	42	42	41	41
74.0	54	54	53	52	52	51	50	50	49	48	48	47	46	46	45	45	44	44	43	42	42	41
74.5	55	54	53	53	52	51	51	50	49	49	48	48	47	46	46	45	45	44	43	43	42	42
75.0	55	55	54	53	53	52	51	51	50	49	49	48	47	47	46	46	45	44	44	43	43	42
75.5	56	55	54	54	53	52	52	51	50	50	49	48	48	47	47	46	46	45	44	44	43	43
76.0	56	56	55	54	53	53	52	51	51	50	50	49	48	48	47	47	46	45	45	44	44	43
76.5	57	56	55	55	54	53	53	52	51	51	50	49	49	48	48	47	46	46	45	45	44	44
77.0	57	57	56	55	54	54	53	52	52	51	50	50	49	49	48	47	47	46	46	45	45	44
77.5	58	57	56	56	55	54	54	53	52	52	51	50	50	49	49	48	47	47	46	46	45	45
78.0	58	57	57	56	55	55	54	53	53	52	51	51	50	50	49	48	48	47	47	46	46	45
78.5	59	58	57	56	56	55	54	54	53	52	52	51	51	50	49	49	48	48	47	47	46	45
79.0	59	58	58	57	56	56	55	54	54	53	52	52	51	50	50	49	49	48	48	47	46	46
79.5	60	59	58	57	57	56	55	55	54	53	53	52	52	51	50	50	49	49	48	47	47	46

* Circumference Value = waist circumference + hip circumference - neck circumference (in inches)