

Waist to Height Measurement Quick Guide

To better measure our warfighting readiness, the body composition standard has been updated. The primary screening tool is now the Waist-to-Height Ratio (WHtR), a more effective measure of a Marine's health. This document will serve as a training aid to support units conducting semiannual body composition assessments.

Waist-to-Height Measurement evaluations may only be administered by Command Physical Training Representatives and Force Fitness Instructors. Additionally, the evaluator must be of the same sex as the Marine being assessed.

STEP 1: WAIST MEASUREMENT (For instructional purposes the Marines below are seen holding up their shirt. During evaluation, arms will hang naturally. It is optional for the Marine to remove their shirt.)



Stand with your feet shoulder-width apart, ensuring your weight is evenly distributed.



The evaluator will place a self-tensioning tape measure directly on the skin, not over your uniform.



The tape must be aligned with your navel (belly button) and kept horizontal (parallel to the floor) all the way around your abdomen.

STEP 2: HEIGHT MEASUREMENT



An evaluator will lower a flat, rigid object (e.g., a measuring triangle) until it makes firm contact with the top of your scalp, forming a right angle with the wall.

Keep your head level, with your line of sight parallel to the floor.

Ensure that your heels, buttocks, and shoulder blades, are all in firm contact with the wall.

Stand on a flat, level surface with your back straight against a perpendicular wall.

STEP 3: CALCULATION

What is the standard?

Your WHtR must be less than or equal to 0.52.

What happens next?

Your WHtR is calculated: $\text{Waist (in)} / \text{Height (in)} = \text{WHtR}$

IF YOUR WHtR IS...

LESS THAN OR EQUAL TO 0.52

You are within standard.

Evaluation complete.

MORE THAN 0.52

You are **NOT** within standard.

Proceed with body composition assessment.

Body Composition Quick Guide

Body Fat Assessment (Only if WHtR is Exceeded)

If your WHtR is 0.52 or greater, your body fat percentage will be assessed. You must pass only one of the two authorized methods to be considered within standards.

What are the authorized methods?

Multi-Site Tape Test: The traditional method of using a standard tape measure to estimate body fat.

Bioelectrical Impedance Analysis (BIA): A new method where a device sends a small, safe electrical current through the body to measure body composition.

How does the assessment work?

If a BIA device is available, you may choose which method to use first.

If you do not meet the body fat standard with your initial chosen method, you must be evaluated using the other method.

If you do not meet the body fat standard with the tape test or the BIA, you will be processed for the Marine Corps Body Composition Program (BCP).

PERFORMANCE PAYS: *How Your PFT/CFT Score Gives You an Edge*

Your hard work on the track and in the gym directly translates to an advantage during your body composition evaluation. The Corps recognizes that superior physical performance is a key indicator of a healthy Marine. Excelling in the PFT and CFT earns you a valuable buffer.

PFT & CFT SCORE
250+ points

You earn a 1% addition to your maximum allowable body fat percentage.

PFT & CFT SCORE
285+ points

You are rewarded with the highest allowance, but excellence has its limits. You will remain within standards unless your body fat exceeds the hard caps of 26% (males) or 36% (females).

INCORRECT WAIST TO HEIGHT MEASUREMENT TECHNIQUES

