



# ANTHROPOMETRY FORM

ID NUMBER:

FORM CODE: ANT

DATE: 04/01/2016  
Version 1.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date: / /   
Month Day Year

0b. Staff ID:

**Instructions:** *In order to measure bioimpedance, the participant must be barefoot. Set the Tanita analyzer to report metric units (cm/kg).*

## A. DETERMINATION OF ABILITY TO STAND

1. Assessment of ability to stand (choose one):.....
- Can stand erectly on both feet. .... A → **GO TO ITEM 3**
- Can stand on both feet, but posture not erect. .... B → **GO TO ITEM 3**
- Cannot stand on both feet. .... C

## B. SELF REPORT

2. a) Self-reported weight (to the nearest lb or kg): .....
- b) Units (check one):.....  lb  kg → **GO TO END**

## C. MEASURED HEIGHT, WEIGHT, and BIOIMPEDANCE

3. Standing height (round to nearest cm):.....  cm
4. Weight: ..... .  kg
5. Fat (%): ..... .  %
6. Impedance: .....  Ohms
7. Fat mass: ..... .  kg
8. Lean body mass (FFM): ..... .  kg
9. Total body water (TBW): ..... .  kg

## D. BODY SIZE

10. Girth (round to nearest cm)
- a) Waist: .....  cm
- b) Hip: .....  cm

11. Selected for Anthropometry QC \_\_\_\_\_