ANTHROPOMETRY FORM

ADMINISTRATIVE INFORMATION

0a. Completion Date: 
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
   - Can stand on both feet, but posture not erect. ......... B
   - Cannot stand on both feet. ........................ C

   \[ \text{GO TO ITEM 3} \]

B. SELF REPORT

2. a) Self-reported weight (to the nearest lb or kg): ............
   b) Units (check one): ..............................................................
      \[ \text{GO TO END} \]

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 ____________________