Measuring Body Fat Using Calipers

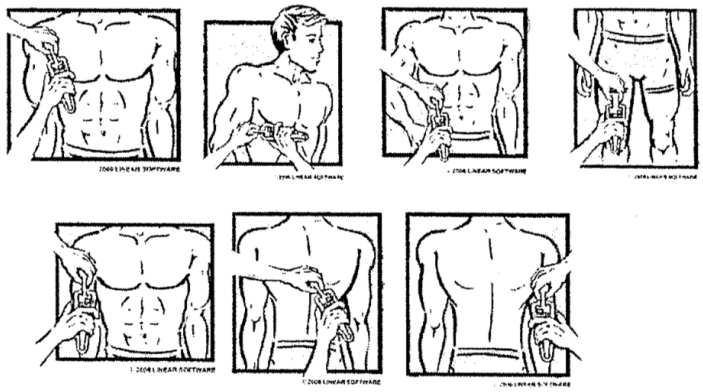
Calipers measure subcutaneous fat (fat under the skin).

Client Name:_____ Date:_____

Measuring Body Fat Using Calipers

1. All measurements should be made on the right side of the body
2. Caliper should be placed 1 cm away from thumb and finger, perpendicular to skinfold, and half way between crest and base of fold.
3. Pinch should be maintained while reading the caliper
4. Wait 1-2 seconds before reading Caliper (try not to go longer, uncomfortable for the client if longer)
5. Take duplicate measures at each site and retest if duplicate measurements are not within 1-2 mm
6. Rotate through measurement sites or allow time for skin to regain normal texture and thickness

Measurement Locations



Date	Upper Chest	Lower Chest	Abdomen	Thigh	Bicep	Tricep	Shoulder	Low Back

Tape Measurement Tracking Chart

	Wk #/Date	Above Bust	Under Bust	Waist	Belly	Buttock	Thighs	Rt Thigh	Lft Thigh
Phase II Start									
Phase II End									
Maintenance Start									
3 Months Later									