

Body Fat Chart & Tracker

U.S. Navy method categories, measuring guide & log

Body Fat Percentage Categories

Category	Men	Women
Essential fat	2 - 5%	10 - 13%
Athlete	6 - 13%	14 - 20%
Fitness	14 - 17%	21 - 24%
Average	18 - 24%	25 - 31%
Above average	25% and up	32% and up

How to Measure (U.S. Navy Method)

Measure	How
Height	Stand straight, no shoes.
Neck	Just below the larynx, tape sloping slightly down at the front.
Waist (men)	Around the navel, relaxed, breathing normally.
Waist (women)	At the narrowest point of the midsection.
Hips (women)	Around the widest part of the hips and glutes.

My Body Fat Tracker

Date	Neck	Waist	Hips	Body fat %

The Navy tape method is an estimate, usually within a few points of a DEXA scan. Measure the same way each time and use it to track trends, not as an exact clinical value.