

B. GIRTH MEASUREMENTS

5. Waist girth (to the nearest inch)

6. Hip girth (to the nearest inch)

RECORD MEASUREMENTS USING BOTH THE BALANCE BEAM SCALE/WALL MEASURE OF STANDING HEIGHT AND THE TANITA BODY COMPOSITION SCALE AND HEIGHT ROD. FOR BALANCE BEAM MEASURES, BMI IS CALCULATED AUTOMATICALLY. ENTER THE BMI MEASUREMENT FROM THE TANITA OUTPUT

7. Was this participant's height, weight, and BMI measured by:

Complete Section C ONLY	Balance beam/wall only	1
Complete Section D ONLY	Tanita body composition only	2
Complete Section C AND D	Both	3
	Don't Know	7
	Refused	8
	Missing	9

C. BALANCE BEAM/WALL MEASUREMENT

8. Standing height (to nearest inch): 8a feet 8b inches
IF UNABLE TO MEASURE, ENTER 99
IF REFUSED, ENTER 88

9. Weight (to nearest tenth of pound): Pounds
IF UNABLE TO MEASURE, ENTER 999.9
IF REFUSED, ENTER 888.8

10. Body mass index (to nearest tenth of a unit) Kg/m²
IF UNABLE TO MEASURE, ENTER 99.9
IF REFUSED, ENTER 88.8

D. TANITA MEASUREMENTS

11. Body Type..... Standard 1

Athletic 2

12. Height (TANITA).....
 IF UNABLE TO MEASURE, ENTER 99
 IF REFUSED, ENTER 88

12a

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 Feet 12b

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 Inches

13. Weight (TANITA) (to the nearest tenth of pound).....
 IF UNABLE TO MEASURE, ENTER 999.9
 IF REFUSED, ENTER 888.8

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 Pounds

14. Body Mass Index (TANITA).....
 IF UNABLE TO MEASURE, ENTER 99.9
 IF REFUSED, ENTER 88.8

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15. Percent Body Fat (to the nearest tenth of a percent).....
 IF UNABLE TO MEASURE, ENTER 999.9
 IF REFUSED, ENTER 888.8

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16. Basal Metabolic Rate.....
 IF UNABLE TO MEASURE, ENTER 99999
 IF REFUSED, ENTER 88888

16a.

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16b.

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17. Impedance.....
 IF UNABLE TO MEASURE, ENTER 9999
 IF REFUSED, ENTER 8888

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18. Fat Mass (to the nearest tenth of a percent).....
 IF UNABLE TO MEASURE, ENTER 999.9
 IF REFUSED, ENTER 888.8

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 %

19. Fat Free Mass (to the nearest tenth of a pound).....
 IF UNABLE TO MEASURE, ENTER 999.9
 IF REFUSED, ENTER 888.8

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 Pounds

20. Total Body Water (to the nearest tenth of a pound)..... Pounds
IF UNABLE TO MEASURE, ENTER 999.9
IF REFUSED, ENTER 888.8

E. DESIRABLE RANGE

21. Desirable Percent Body Fat - %
IF UNABLE TO MEASURE, ENTER 99
IF REFUSED, ENTER 88

22. Desirable Fat Mass Pounds
 (to the nearest tenth of a pound)
IF UNABLE TO MEASURE, ENTER 999.9
IF REFUSED, ENTER 888.8

F. GOAL SETTING

23. Target Percent Body Fat %
IF UNABLE TO MEASURE, ENTER 99
IF REFUSED, ENTER 88

24. Predicted Fat Mass Pounds
 (to the nearest tenth of a pound)
IF UNABLE TO MEASURE, ENTER 99.9
IF REFUSED, ENTER 88.8

25. Fat to Lose Pounds
 (to the nearest tenth of a pound)
IF UNABLE TO MEASURE, ENTER 999.9
IF REFUSED, ENTER 888.8

G. ADMINISTRATIVE INFORMATION

26. Date of data collection: / /
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27. Method of data collection: Computer 1
 Paper form 2

28. Data collected: In Clinic 1
 Off site 2

29. Code number of person completing this form:.....