

Body Composition and Anthropometric Form

FORM CODE: BCF VERSION B 10/16/2008

D NUMBE	R:												CON	TAC	Γ:	0	9]				
LAST NAN	ИЕ:														INIT	TALS:]		
must in th enter entry	RUCTION t be enter e rightmoder red inco v. For "r opriate	ered a lost b rrectl nultip	abov oox. y ma ole c	e. W Ente ark t hoice	/hene er lea hroug e" and	ever n ding gh the d "yes	umei zeroe e inco s/no"	rical res whorrect type	espoi ere n entry ques	nses a ecess with tions,	are re ary to an "> circle	quire o fill a (". C e the	ed, entall box ode the corre	ter the ces. I ne cor ct coc	e num f using rect e de cori	ber so g a pa ntry cl respor	that per f early iding	the lorm a above the control of the	ast di ind a re the ne mo	igit a num e inco est	ippea iber is orrect	rs S
A.	PRE	LIMII	NAF	RY IN	NFOF	RMAT	ΓΙΟΝ															
1.		When was the last time you had anything to drink including water?									TI	TIME				:						
																	L	h	h		m	m
2.		If you drink alcohol, have you had any alcoholic beverages in the last 48 hours?						Don't drink alcohol						1								
	[Do	[Don't know = 7, Refused = 8, Missing = 9]								Ye	Yes					2						
															N	0					3	
2	Harri											1		. 1								
3.	acti	Have you engaged in any moderate or vigorous physic activity within the past 12 hours?							-		Y	es					1					
	טטן	IIIK	HOW	y	/ , K	eiuse	eu =	O, IV	115511	ig =	9]				N	o					2	
4.	ENT	ER C	COD	E 4	IF FE	EMAL	E 56			OUN OR >	GER:											
	Hav	ENTER CODE 5 IF MALE] Have you had a menstrual period within the past two weeks?								No I	longer menstruating 1											
	[Do	n't k	nov	/ = '	7, Re	efuse	ed =	8, N	lissii	ng =	9]			Yes	-						2	
														No							3	
														Fem	ale 5	6/old	ler				4	
														Male	2						5	

B.	GIRTH MEASUREMENT	.2	
5.	Waist girth (to the nea	arest inch)	
6.	Hip girth (to the neare	est inch)	
HEIGH MEASI	IT <u>and</u> the tanita bo	DY COMPOSITION SCALE A	AM SCALE/WALL MEASURE OF STANDING ND HEIGHT ROD. FOR BALANCE BEAM ER THE BMI MEASUREMENT FROM THE
			Complete Section C ONLY
7.	Was this participant's measured by:	height, weight, and BMI	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 no IF UNABLE TO MEAS IF REFUSED, ENTER		8a 8b Inches
9.	Weight (to nearest ter IF UNABLE TO MEAS IF REFUSED, ENTER		Pounds
10.	Body mass index (to r IF UNABLE TO MEAS IF REFUSED, ENTER		. Kg/m²

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D.	TANTIA MEASUREMENTS		
11.	Body Type	Standard	1
		Athletic	2
12.	Height (TANITA)IF UNABLE TO MEASURE, ENTER 99 IF REFUSED, ENTER 88	12a 12	2b Inches
13.	Weight (TANITA) (to the nearest tenth of pound IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8		Pounds
14.	Body Mass Index (TANITA)IF UNABLE TO MEASURE, ENTER 99.9 IF REFUSED, ENTER 88.8		
15.	Percent Body Fat (to the nearest tenth of a percent) IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8		
16.	Basal Metabolic Rate IF UNABLE TO MEASURE, ENTER 99999 IF REFUSED, ENTER 88888	16a. 16b.	
17.	ImpedanceIF UNABLE TO MEASURE, ENTER 9999 IF REFUSED, ENTER 8888		Ω
18.	Fat Mass (to the nearest tenth of a percent)		<u></u> %
19.	Fat Free Mass (to the nearest tenth of a pound) IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8		Pounds

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20.	Total Body Water (to the nearest tenth of IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8		oun	d)						<u>. </u>		Pounds
E.	DESIRABLE RANGE											
21.	Desirable Percent Body Fat IF UNABLE TO MEASURE, ENTER 99 IF REFUSED, ENTER 88	• • • • • • • • • • • • • • • • • • • •							-]%	
22.	Desirable Fat Mass(to the nearest tenth of a pound) IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8					. [Pounds
F.	GOAL SETTING											
23.	Target Percent Body FatIF UNABLE TO MEASURE, ENTER 99 IF REFUSED, ENTER 88	• • • • • • • • • • • • • • • • • • • •				. [%			
24.	Predicted Fat Mass(to the nearest tenth of a pound) IF UNABLE TO MEASURE, ENTER 99.9 IF REFUSED, ENTER 88.8					. [Pounds
25.	Fat to Lose(to the nearest tenth of a pound) IF UNABLE TO MEASURE, ENTER 999.9 IF REFUSED, ENTER 888.8					. L						Pounds
G.	ADMINISTRATIVE INFORMATION											
26.	Date of data collection:			/			/					
		m ı	m		d	d		У	У	У	У	
27.	Method of data collection:							Coi	mpute	er	1	
								Pap	oer for	m	2	
28.	Data collected:							In (Clinic		1	
								Off	site		2	

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

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