## Body Composition and Anthropometric Form

**ID NUMBER:**

**CONTACT:** 0 9

**LAST NAME:**

**INITIALS:**

**INSTRUCTIONS:** This form is to be completed during the participant’s clinic visit. ID Number, Contact Year, and Name must be entered above. Whenever numerical responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes. If using a paper form and a number is entered incorrectly mark through the incorrect entry with an “X”. Code the correct entry clearly above the incorrect entry. For “multiple choice” and “yes/no” type questions, circle the correct code corresponding to the most appropriate response. If a number is circled incorrectly, mark through it with an “X” and circle the correct response.

### A. PRELIMINARY INFORMATION

1. When was the last time you had anything to drink including water? .................................................................  
   **TIME**  
   - 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
   - [Don’t know = 7, Refused = 8, Missing = 9]
   - Yes 2
   - No 3

3. Have you engaged in any moderate or vigorous physical activity within the past 12 hours?  
   - Yes 1
   - [Don’t know = 7, Refused = 8, Missing = 9]
   - No 2

4. [ASK WOMEN ONLY – 55 YEARS OR YOUNGER:
   ENTER CODE 4 IF FEMALE 56 YEARS OR >;
   ENTER CODE 5 IF MALE]
   Have you had a menstrual period within the past two weeks?  
   - No longer menstruating 1
   - Yes 2
   - No 3
   - Female 56/older 4
   - Male 5
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:
   - Balance beam/wall only  1
   - Tanita body composition only  2
   - Both  3
   - Don’t Know  7
   - Refused  8
   - Missing  9

C. Balance Beam/Wall Measurement

8. Standing height (to nearest inch): ............................... 8a 8b
   - If unable to measure, enter 99 feet inches
   - If refused, enter 88

9. Weight (to nearest tenth of pound): ..............................
   - If unable to measure, enter 999.9
   - If refused, enter 888.8

10. Body mass index (to nearest tenth of a unit) ..............
    - If unable to measure, enter 99.9
    - If refused, enter 88.8

Complete Section C ONLY
D. TANITA MEASUREMENTS

11. Body Type ................................................................. Standard 1

                   Athletic 2

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

                   IF REFUSED, ENTER 88

12a Feet 12b Inches

13. Weight (TANITA) (to the nearest tenth of pound) ......

                   IF UNABLE TO MEASURE, ENTER 999.9

                   IF REFUSED, ENTER 888.8

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. Impedance ................................................................. IF UNABLE TO MEASURE, ENTER 9999

                   IF REFUSED, ENTER 8888

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

                   IF REFUSED, ENTER 888.8

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

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

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

23. Target Percent Body Fat ..........................
    IF 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

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

26. Date of data collection: .................. mm/dd/yyyy

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: ..............................................