

## Percent Fat Estimations for Women

Age (years)

Sum of Three Skinfolts	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	>57
8-12	8.0	9.0	9.2	9.4	9.5	9.7	9.9	10.1	10.3
13-17	10.8	10.9	11.1	11.3	11.5	11.7	11.8	12.0	12.2
18-22	12.6	12.8	13.0	13.2	13.4	13.5	13.7	13.9	14.1
23-27	14.5	14.6	14.8	15.0	15.2	15.4	15.6	15.7	15.9
28-32	16.2	16.4	16.6	16.8	17.0	17.1	17.3	17.5	17.7
33-37	17.9	18.1	18.3	18.5	18.7	18.9	19.0	19.2	19.4
38-42	19.6	19.8	20.0	20.2	20.3	20.5	20.7	20.9	21.1
43-47	21.2	21.4	21.6	21.8	21.9	22.1	22.3	22.5	22.7
48-52	22.8	22.9	23.1	23.3	23.5	23.7	23.8	24.0	24.2
53-57	24.4	24.4	24.6	24.8	25.0	25.2	25.3	25.5	25.7
58-62	25.7	25.9	26.0	26.2	26.4	26.6	26.8	27.0	27.1
63-67	27.1	27.2	27.4	27.6	27.8	28.0	28.2	28.3	28.5
68-72	28.4	28.6	28.7	28.9	29.1	29.3	29.5	29.7	29.8
73-77	29.6	29.8	30.0	30.2	30.4	30.6	30.7	30.9	31.3
78-82	30.9	31.0	31.2	31.4	31.6	31.8	31.9	32.1	32.3
83-87	30.0	32.2	32.4	32.6	32.7	32.9	33.1	33.3	33.5
88-92	33.1	33.3	33.5	33.7	33.8	34.0	34.2	34.4	34.6
93-97	34.2	34.4	34.5	34.7	34.9	35.1	35.2	35.4	35.6
98-102	35.1	35.3	35.5	35.7	35.9	36.0	36.2	36.6	36.7
103-107	36.1	36.2	36.4	36.6	36.8	37.0	37.2	37.3	37.5
108-112	36.9	37.1	37.3	37.5	37.7	37.9	38.0	38.2	38.4
113-117	37.9	38.9	38.1	38.3	39.2	39.4	39.6	39.8	39.5
118-122	38.5	38.7	38.9	39.1	39.4	39.6	39.8	40.0	40.0
123-127	39.2	39.4	49.6	39.8	40.0	40.2	40.3	40.5	40.7
133-137	40.5	40.7	40.8	41.0	41.2	41.4	41.6	41.7	41.9
138-142	41.0	41.2	41.4	41.6	41.7	14.9	42.1	42.3	42.5
143-147	41.5	41.7	41.9	42.0	42.2	42.4	42.6	42.8	43.0
153-157	42.3	42.5	42.6	42.8	43.0	43.2	43.4	43.6	43.4
158-162	42.6	42.8	42.0	43.1	43.4	43.5	43.7	43.9	44.1
163-167	42.9	43.0	43.2	43.4	43.6	43.8	44.0	44.1	44.3
168-172	43.1	43.2	43.4	43.6	43.8	44.0	44.2	44.3	44.5
173-177	43.2	43.4	43.6	43.8	43.9	44.1	44.3	44.5	44.7
178-182	43.3	43.5	43.7	43.8	44.0	44.2	44.4	44.6	44.8

## Percent Fat Estimations for Men

Age (years)

Sum of Three Skinfolds	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	>57
8-12	1.8	2.6	3.4	4.2	4.9	5.7	6.5	7.3	8.1
13-17	3.6	4.4	5.2	6.0	6.8	7.6	8.4	9.1	9.9
18-22	5.4	6.2	7.0	7.8	8.6	9.3	10.1	10.9	11.7
23-27	7.1	7.9	8.7	9.5	10.3	11.1	11.9	12.6	13.4
28-32	8.8	9.6	10.4	11.2	12.0	12.8	13.5	14.3	15.1
33-37	10.4	11.2	12.0	12.8	13.6	14.4	15.2	15.9	16.7
38-42	12	12.8	13.6	14.4	15.2	15.9	16.7	17.5	18.3
43-47	13.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8
48-52	15	15.8	16.6	17.4	18.1	18.9	19.8	20.5	21.3
53-57	17.8	18.5	19.3	20.1	20.9	21.7	22.5	23.3	24.1
58-62	19.1	19.9	20.6	21.4	22.2	23.0	23.8	24.5	25.4
63-67	20.3	21.1	21.9	22.7	23.5	23.8	25.1	25.8	26.6
68-72	21.5	22.3	23.1	23.9	24.7	25.5	26.3	27.0	27.8
73-77	22.7	23.5	24.3	25.0	25.8	26.6	27.4	28.2	29.0
78-82	23.8	24.6	26.4	27.2	28.0	28.8	29.6	30.3	31.1
83-87	24.8	25.6	26.4	27.2	28.0	28.8	29.6	30.3	31.1
88-92	25.8	26.6	27.4	28.2	29.0	29.8	30.5	31.3	32.3
93-97	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.4
98-102	27.6	28.0	29.2	30.0	30.8	31.6	32.4	33.2	33.9
103-107	28.5	29.3	30.1	30.8	31.6	32.4	33.2	34.0	34.8
108-112	29.3	30.0	30.8	31.6	32.4	33.2	32.0	34.8	35.6
113-117	30.0	30.8	31.6	32.4	33.1	33.9	34.7	35.5	36.3
118-122	30.7	31.5	32.3	33.0	33.8	34.6	35.4	36.2	37.0
123-127	31.3	32.1	32.9	33.7	34.4	35.2	36.0	36.8	37.6
133-137	31.9	32.7	33.4	42.2	45.0	35.8	36.6	37.4	38.2
138-142	32.4	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2
143-147	32.9	33.6	34.4	25.2	36.0	36.8	37.6	38.4	39.2
148-152	33.3	34.1	34.8	35.6	36.4	37.2	38.0	39.8	39.6
153-157	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2	39.9
158-162	33.9	34.7	35.5	36.3	37.0	37.9	38.7	39.5	40.3
163-167	34.2	35.0	35.8	36.3	37.4	38.1	38.9	39.7	40.5
168-172	34.4	35.2	36.0	36.8	37.6	38.4	39.1	39.9	40.7
173-177	34.6	35.3	36.1	36.9	37.8	38.5	39.2	40.1	40.9
178-182	34.7	35.4	36.2	37.0	37.8	38.6	39.4	40.2	42.1