

Body Fat Chart

		Age	Low	Recommended	High	Very High
Body Fat Percentage	Female	20 - 39	5.0 - 20.9	21.0 - 32.9	33.0 - 38.9	≥ 39.0
		40 - 59	5.0 - 22.9	22.0 - 33.9	34.0 - 39.9	≥ 40.0
		60 - 79	5.0 - 23.9	24.0 - 35.9	36.0 - 41.9	≥ 42.0
	Male	20 - 39	5.0 - 7.9	8.0 - 19.9	20.0 - 24.9	≥ 25.0
		40 - 59	5.0 - 10.9	11.0 - 21.9	22.0 - 29.9	≥ 28.0
		60 - 79	5.0 - 12.9	13.0 - 24.9	25.0 - 29.9	≥ 30.0