

Body Fat % Chart

Category	Male (M)	Female (F)	Meaning
Athlete	<10%	<17%	M: Approximately 90% or more of your body is muscle mass and approximately 10% or less is body fat. F: Approximately 83% or more of your body is muscle mass and approximately 17% or less is body fat.
Lean	10-15%	17-22%	M: Approximately 85-90% of your body is muscle mass and approximately 10-15% is body fat. F: Approximately 78-83% of your body is muscle mass and approximately 17-22% is body fat.
Normal	15-18%	22-25%	M: Approximately 82-85% of your body is muscle mass and approximately 15-18% is body fat. F: Approximately 75-78% of your body is muscle mass and approximately 22-25% is body fat.
Above Average	18-20%	25-29%	M: Approximately 80-82% of your body is muscle mass and approximately 18-20% is body fat. F: Approximately 71-75% of your body is muscle mass and approximately 25-29% is body fat.
Over Fat	20-25%	29-35%	M: Approximately 75-80% of your body is muscle mass and approximately 20-25% is body fat. F: Approximately 65-71% of your body is muscle mass and approximately 29-35% is body fat.
Obese	25+%	35+%	M: Approximately 75% or more of your body is muscle mass and approximately 25% or more is body fat. F: Approximately 65% or more of your body is muscle mass and approximately 35% or more is body fat.