BY ORDER OF THE COMMANDER
AIR FORCE RESERVE COMMAND

AIR FORCE RESERVE COMMAND
INSTRUCTION 40-502

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Medical

AIR FORCE RESERVE (USAFR) WEIGHT AND BODY FAT MANAGEMENT PROGRAM (WBFMP)

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This instruction establishes how to administer the WBFMP for USAFR units. The USAFR WBFMP is a compliance program only with the member having sole responsibility of meeting and maintaining Air Force standards. It establishes how to measure body fat, update the personnel data system (PDS), and destroy program documents. This instruction applies to all USAFR unit personnel (officer and enlisted). This instruction does not apply to Headquarters and Unit Active Guard Reserve (AGR) and Individual Mobilization Augmentee (IMA) personnel. AGR and IMA personnel are covered under AFI 40-502, *The Air Force Weight and Body Fat Management Program*, dated 1 Jul 99. USAFR members fall under the authority of AFI 40-502 when in an Active Duty for Training (ADT) status, e.g., attending Technical Training Schools, Professional Military Education (PME), TDYs in excess of 29 days, etc. This instruction supplements Air Force Policy Directive (AFPD) 40-5, *Fitness and Weight Management*, dated 31 May 99, AFI 40-502, Department of Defense Instruction (DoDI) 1308.3, *DoD Physical Fitness and Body Fat Programs*, dated 30 Aug 95, DoDD 1308.1, *DoD Physical Fitness and Body Fat Programs*, dated 20 Jul 95, and requires collecting and maintaining information protected by the Privacy Act of 1974. The authority to collect and maintain the records prescribed by this instruction derives from Title 10, United States Code, Section 8013 and Executive Order 9397. The System of Records Notice 044 AFPC A, *Individual Weight Management File*, applies to this instruction. Refer to attachment 1 for the glossary. Send comments and suggested improvements of this AFRCI on AF Form 847, *Recommendation for Change of Publication*, to Career Enhancement Branch (HQ AFRC/DPMB), 155 2nd St, Robins AFB GA 31098-1635. The Paperwork Reduction Act of 1974 as amended in 1996 affects this instruction. The Forms Management Program IAW AFI 37-160, Volume 8, *The Air Force Publication and Forms Management Program-Developing and Processing Forms*, affects this instruction.

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1. Measurement Technique, Procedure, and Tape Measure:

1.1. The circumference based measurement technique (tape measurement) is the only acceptable method authorized by DoD for determining body fat percentage. Hydrostatic weighing, calipers, infrared measurements, etc., are not authorized measurement techniques for the WBFMP.

1.2. Height and weight measures (table 1) and all official BFMs will be accomplished at the unit level, unless otherwise directed by the unit, or wing/Regional Support Group (RSG) commander as appropriate.

1.3. Units will use fiberglass tape measure only. The tape measure width should be ¼” - 3/8”.

2. Responsibilities:

2.1. The Wing/RSG commander will:

2.1.1. Manage the WBFMP.

2.1.2. Ensure all members receive, as a minimum, an annual height and weight check for the record.

2.1.3. Ensure appropriate staff, facilities, equipment, resources, and funds to establish and maintain the WBFMP.

2.1.4. Serve as final authority for BFS adjustments and involuntary reassignment to HQ ARPC IAW AFI 36-2115, “*Assignment within the Reserve Components*”.

2.1.5. Serve as final authority for temporary medical deferrals or exemptions exceeding 1 year.

2.2. The Military Personnel Flight (MPF) Commander will:

2.2.1. Appoint a wing/RSG WBFMP manager from the MPF. Members in the WBFMP cannot be appointed as WBFMP managers.

2.2.2. Ensure the WBFMP manager provides procedural guidance and conducts Staff Assistance Visits (SAVs) to all supported units on an annual basis.

2.3. The Wing/RSG WBFMP Manager will:

2.3.1. Provide procedural guidance to all supported units on the WBFMP.

2.3.2. Update the PDS for units without PCIII capability.

2.3.3. Conduct SAVs for each squadron at least once a year to ensure compliance and standardization.

2.3.4. Comply with other guidance as prescribed by the wing/RSG or MPF commander.

2.3.5. Publicize WBFMP requirements via base bulletins, newspaper, commander's calls, etc., on a recurring basis.

2.4. The Medical Unit Commander (MDG/CC) or equivalent will:

2.4.1. Provide training to all unit and WBFMP managers on the proper measurement techniques as stated in tables 2 and 3.

2.4.2. Appoint a medical provider to conduct a complete and concise medical evaluation using the member's medical records, medical history, and other medical documentation from the member's civilian provider.

2.5. Exercise and Dietary Counselors:

2.5.1. May be voluntarily sought out by the member.

2.5.2. Counseling must be performed in a non-duty status at the member's own time and expense.

2.6. The Medical Provider will:

2.6.1. Ensure a complete and concise medical evaluation is conducted using the member's medical records, medical history, and other medical documentation from the member's civilian provider.

2.6.1.1. Medical evaluation prior to entry into the 3-Month Exercise and Dietary Period is optional and will only be accomplished upon request by the member.

2.6.1.2. Medical evaluation is mandatory prior to entry into Phase I, Initial Entry Body Fat Loss Period (IEBFLP).

2.6.1.3. Medical evaluation may be accomplished by the member's civilian medical provider. The military medical provider must review and provide a recommendation to the unit commander.

2.6.2. Provide the commander with written recommendation on the AF Form 422, *Physical Profile Report,* of the member's medical condition. In order for a member to be medically cleared, a member must have no medical reason that would preclude the required weight loss of 1 percent body fat per month in a safe and healthy manner. The AF Form 422 must specifically state that the member is medically cleared for entry into the WBFMP.

2.6.3. Provide the wing/RSG commander a written recommendation on all requests for BFS adjustments.

2.6.4. Annotate on the AF Form 422, when recommending a medical deferral or exemption from the WBFMP. The AF Form 422 in itself, without a recommendation, does not automatically warrant a medical deferral or exemption from the WBFMP by the unit commander. The AF Form 422 must specifically state that the member is deferred or exempted from the WBFMP.

NOTE:

First, the unit commander upon recommendation by the medical provider approves medical deferrals or exemptions from the WBFMP. Second, when recommending an exemption from the WBFMP, the medical provider will explain how long the exemption from the WBFMP is for. Third, placement on a "4" profile because of a disqualifying medical condition does not automatically place a member in a medical deferral status. The medical provider must specifically recommend medical deferral to the member's commander if the medical condition or treatment warrants such action. Fourth, members cannot be enrolled in the IEBFLP unless they are medically cleared.

2.7. The Unit Commander will:

2.7.1. Appoint in writing, a unit WBFMP manager and an assistant of the opposite sex to ensure members receive BFMs from a member of the same sex.

2.7.2. Ensure the administration of the WBFMP for all assigned personnel.

2.7.3. Members not currently in the WFBMP will be granted individual exemptions from the WBFMP due to medical reasons only. Members will be exempt from the WBFMP if during the medical evaluation a member is found to have a medical reason which prevents him/her from losing 1 percent body fat per month in a safe and healthy manner.

2.7.4. Ensure all members are weighed and, if appropriate, measured for body fat percentage not less than once each 12-month period. Additional weight checks/BFMs may be conducted at the commander's discretion.

2.7.5. Ensure all official BFMs are performed when the member is in a military status (that is, UTA, RMPs, man-days, annual tour, etc).

2.7.6. Establish procedures to measure the body fat percentage of any member who exceeds his or her MAW, appears to exceed BFS, doesn't present a professional military appearance, or as specified in paragraph 3.

2.7.7. Encourage all personnel to follow an active conditioning program and proper healthy eating guidelines.

2.7.8. Establish procedures to notify the member and MPF, upon entry into the WBFMP, entry into Phase I, IEBFLP, transfer to Phase II, Observation Period, approval of BFS adjustment, medical exemption or temporary medical deferral, reenlistment denial, involuntary reassignment to HQ ARPC, and removal from the WBFMP. Use AF Form 393, *Individual Record for Weight Management and Fitness Improvement Training (FIT) Programs*, and USAFR WBFMP memorandum (Atch 6) to document the member's status in the WBFMP and perform notifications.

2.7.9. At PC-III units, the commander will ensure the unit WBFMP manager updates the appropriate WSC in the PDS.

2.7.10. Mail the WBFMP case file to the gaining commander immediately after the member departs PCS or PCA.

2.7.11. Establish procedures to initiate denial of participation and involuntary reassignment action for members who fail to meet BFS at the end of the IEBFLP, or any time during the Observation Period. Members within 6 months of their Expiration Term of Service (ETS) who fail to meet BFS at completion of IEBFLP and Observation Period are denied further participation and are discharged upon reaching their ETS.

2.7.12. Inform members that they will remain in the IEBFLP for only the number of months required to reduce body fat percentage, at a rate of one percent body fat per month to meet BFS.

2.7.13. Ensure medical evaluation is accomplished prior to entry into the IEBFLP.

2.7.14. Encourage members to voluntarily seek diet and exercise counseling at their own time and expense in a nonduty status. Wing/RSG commanders have the option to use available resources to provide diet and exercise counseling.

2.7.15. Reschedule the UTA for weight and BFM checks for females based on their menstrual cycles. It is the member's responsibility to notify the commander of the earliest date they may be weighed/measured upon completion of their menstrual cyle.

2.8. Unit WBFMP Managers will:

2.8.1. Monitor the WBFMP as directed by the unit commander.

2.8.2. Take weight, height, and BFMs as appropriate.

2.8.3. Schedule any member who exceeds BFS for a medical evaluation prior to entry into the IEBFLP.

2.8.4. Update the appropriate (WSC) into the PDS.

2.8.5. Administer a BFM on all members upon entry into and at the end of the 3-Month Exercise and Dietary Period, the IEBFLP, and the Observation Period. Members not available will be administered a BFM during their next military duty. The IEBFLP and the Observation Period are not officially completed until this BFM is performed. The unit commander may authorize BFMs more frequently to reinforce compliance efforts; however, only the final BFM is considered as an official BFM to determine failure of the IEBFLP or completion and movement into the Observation Period. Once IEBFLP members meet BFS, the commander may enter them into the Observation Period.

2.8.6. Use AF Form 393 and USAFR WBFMP memorandum to document the member's status in the WBFMP and to perform notifications.

NOTE: First, members in the WBFMP cannot be appointed as unit WBFMP managers. Second, BFMs must be taken by personnel of the same sex. Weight and height measurements can be taken by personnel of either sex.

3. Weight Measurements will be Administered:

3.1. At the commander's discretion, commander-directed weigh-ins may be conducted as appropriate. IEBFLP members will not be officially measured prior to completion of IEBFLP.

3.2. On all members at least once a year during commander's scheduled annual weigh-in.

3.3. Upon application for and approval of transfer to another unit. The losing commander must ensure the gaining commander is aware of any overweight/overfat condition prior to reassignment.

3.4. Prior to processing personnel for promotion. Weigh members no earlier than the UTA before promotion.

3.5. Prior to reenlistment. Weigh members no earlier than the UTA before reenlistment.

3.6. On official notification of a TDY or reassignment with TDY en route to attend technical training courses regardless of the number of days of the TDY.

3.7. On official notification of TDY of 29 days or more. Unit commanders may impose weight measurements on TDYs of 28 days and less.

3.8. On members selected for a TDY or reassignment with TDY en route to attend officer or enlisted PME (i.e., Aerospace Basic Course, Squadron Officer's School, Intermediate Service School, Senior Service School, Airman Leadership School, NCO Academy, and Senior NCO Academy.) Members will be administered these measurements the UTA prior to their projected departure date.

3.9. On members selected for Basic Officer Training School. Members will be weighed no earlier than the UTA prior to their projected departure date.

NOTES:

First, unit commanders and supervisors should ensure members going TDY present a professional military appearance. Second, members in the WBFMP and departing on a TDY for 29 days or more will hand-carry a copy of their WBFMP case file to the TDY unit commander (see paragraph 18 for Contingency and Mobilization Operations procedures). Third, the TDY unit commander will be responsible for administering the monthly weight measurements and to have the Health and Wellness Center (HAWC) administer the BFMs. Fourth, students attending PME or BOTS will hand-carry a memorandum from the unit commander (or designated representative) to the Commander, Commandant, or Flight Chief, stating the member was weighed prior to departing and certifying the member was within weight standards. Students not within weight standards must have certification that they are within BFS. Students taking leave en route to PME or BOTS are responsible for maintaining their weight and BFS. Fifth, PME facility personnel will weigh students reporting to the PME location without a weight certification memorandum. The local HAWC personnel will administer the BFMs on members not meeting weight standards. Those members not meeting BFS will be returned to their home station at the parent unit's expense--this does not include personnel who exceed weight standards, but meet BFS. Sixth, officer and enlisted members in the IEBFLP are ineligible to attend PME.

Table 1. Procedures for Measuring Weight and Height for Males and Females.

WEIGHTMEA-SUREMENTS:	Take weight measures before 1000 hours or as early in the shift as reasonably possible for shift workers. Clothing Worn: Members will be weighed in any uniform or gym clothing. Shoes will be removed and pockets will be emptied. Any extraneous equipment or outer clothing will be removed. When the BDU is worn, the BDU shirt may not be removed.
	While the member is standing still, read the measurement while standing directly in front or behind the scale, if possible. Scales will be calibrated every 12 to 15 months. (Reference AFTO 33K-6-4-285-1, Calibration Procedures). Movement of scales should be avoided and the scales will be placed on a non-carpeted surface or plexiglass. Digital read out scales may be used if they can be calibrated.
	Record the weight to the nearest quarter-pound and subtract 3 pounds for any uniform combination or 2 pounds for gym clothing worn.
	Display AFVA 40-503, **United States Air Force MAW Table,** near the scales.
HEIGHT MEA-SUREMENTS:	Take height measurement before 1000 hours or as early in the shift as reasonably possible for shift workers. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary Period may be used throughout the member's tenure in the WBFMP.
	Use the back-to-hard surface method. Use a properly calibrated index marked off in quarter inch increments mounted or placed on a firm vertical surface (i.e., wall). Take measurement against this index using a device with a true 90-degree angle (e.g., a drafting triangle or a bubble level) to ensure accurate measurement.
	Measure members with their shoes off, on a non-carpeted floor or a hard surface fixture (e.g., Plexiglas or aluminum plate) and facing the person measuring them. Ensure their heels are together, their backs straight, and the member's line of sight is horizontal.

	The measuring device will come to rest lightly on the crown of the head. Hairstyles must not impede the measuring device from resting lightly on the crown of the head. Read the measurement directly in front of the device, not at an angle from the side. Round the member's height up to the nearest quarter-inch when determining the interpolated weight (AFVA 40-503). Round the measurement up to the nearest half-inch when determining body fat.

4. BFMs will be Administered When a Member:

4.1. Exceeds their MAW.

4.2. Appears to exceed BFS.

4.3. Does not present a professional military appearance.

4.4. When directed by the unit commander.

5. AETC Technical Training Actions:

5.1. Unit Commanders and supervisors should ensure members attending technical training present a professional military appearance. Members are ineligible to attend technical training if in the IEB-FLP.

5.2. Technical training schools are not required to weigh or measure students upon their arrival. However, if a member is weighed at the TDY commander's discretion and is identified overweight, the member will be directed to have a BFM accomplished by the nearest HAWC. TDY commanders will notify parent-unit commanders of any members who exceed BFS but are not in the WBFMP. Initial entry into the WBFMP can be at either the member's home unit or TDY location. Initial entry at the TDY location will only be when the TDY is 29 days or more and the member is medically qualified to enter the WBFMP. For TDYs less than 29 days the home unit will accomplish WBFMP actions upon the return of the member concerned.

5.3. Members in the Observation Period departing on a TDY for 29 days or more will hand carry a copy of their WBFMP case file to the TDY unit commander. The TDY commander will be responsible for taking the monthly weight measurements and the HAWC staff will take the BFMs. Member's exceeding BFS will be returned to their home station at the parent unit's expense.

5.4. Over body fat flying training students are governed by AETCI 36-2205, *Flying Training Student Administration and Management*.

5.5. Over body fat basic military trainees are governed by 737 TRG Instruction 36-3, *Basic Military Training*.

5.6. Members attending AETC training courses of more than 29 days are governed by AFI 40-502.

Table 2. Procedures for measuring body fat for males (see notes).

NECK	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx (Adams Apple). Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. **Round the neck measurement up to the nearest quarter inch.**
ABDOMEN:	With the member standing with arms at his sides and at the end of a normal relaxed exhalation, measure the abdominal circumference at the navel while keeping the tape level (horizontal) to the floor. Ensure the tape measure is horizontal all the way around the abdomen. **Round the abdomen measurement down to the nearest quarter inch.**
BODY FAT PERCENTAGE DETERMINATION:	Determine the member's body fat percentage by: Subtracting the neck measurement from the abdominal measurement to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the member's height measurement.

NOTES:

1. Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Members of the same sex will take BFMs.

2. Use only a fiberglass tape measure. No other measurement technique is authorized for the WBFMP. The tape measure width should be ¼" - 3/8".

3. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary Period may be used throughout the member's tenure in the WBFMP.

4. Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform.

a. Neck and abdomen measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure the tie is not worn.

b. When taking the abdomen measurement in any uniform, ensure the waist on pants is loosened as not to push up any skin.

Figure 1. Male Neck Measurement (Front View).

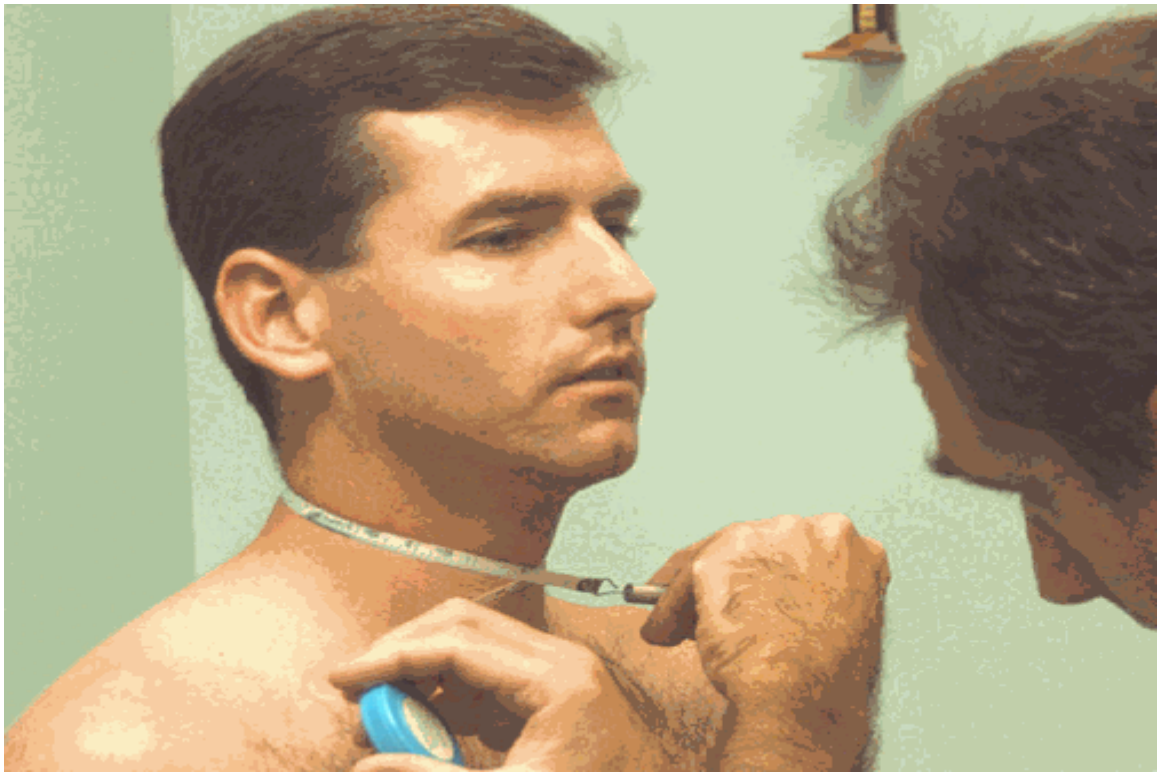

Figure 2. Male Neck Measurement (Side View).

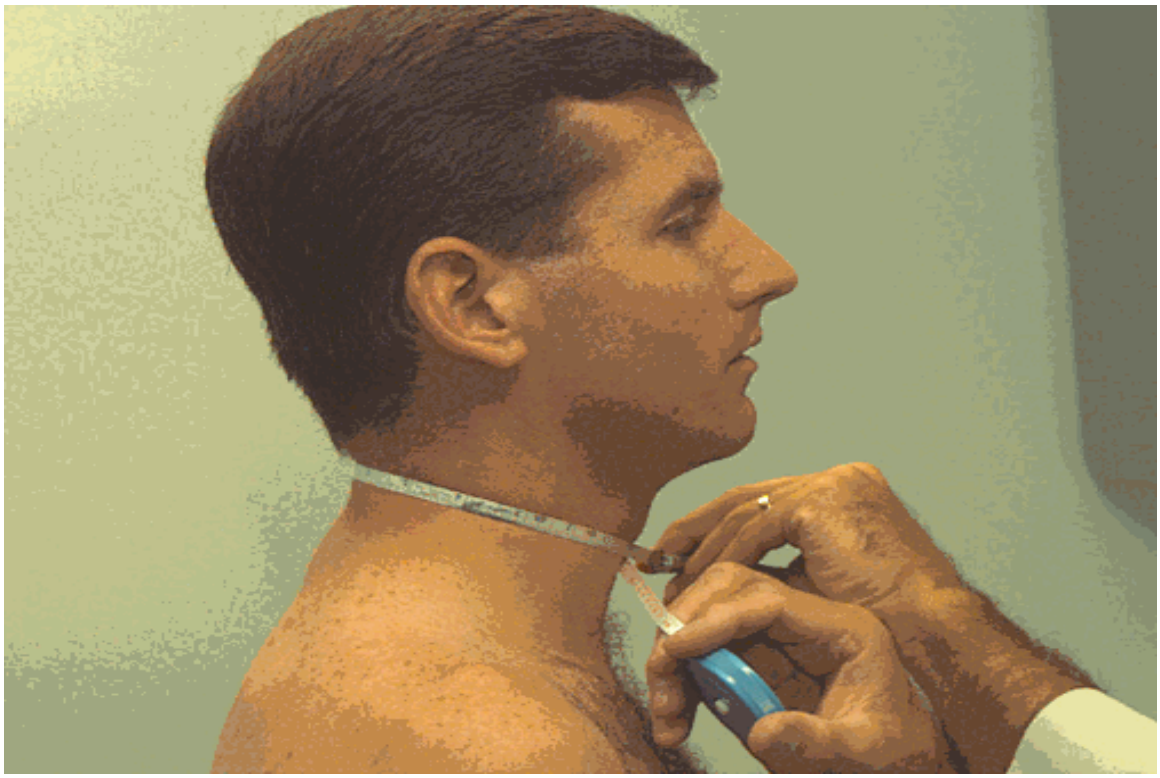

Figure 3. Male Waist Measurement (Frontal View).

Figure 4. Male Waist Measurement (Side View).

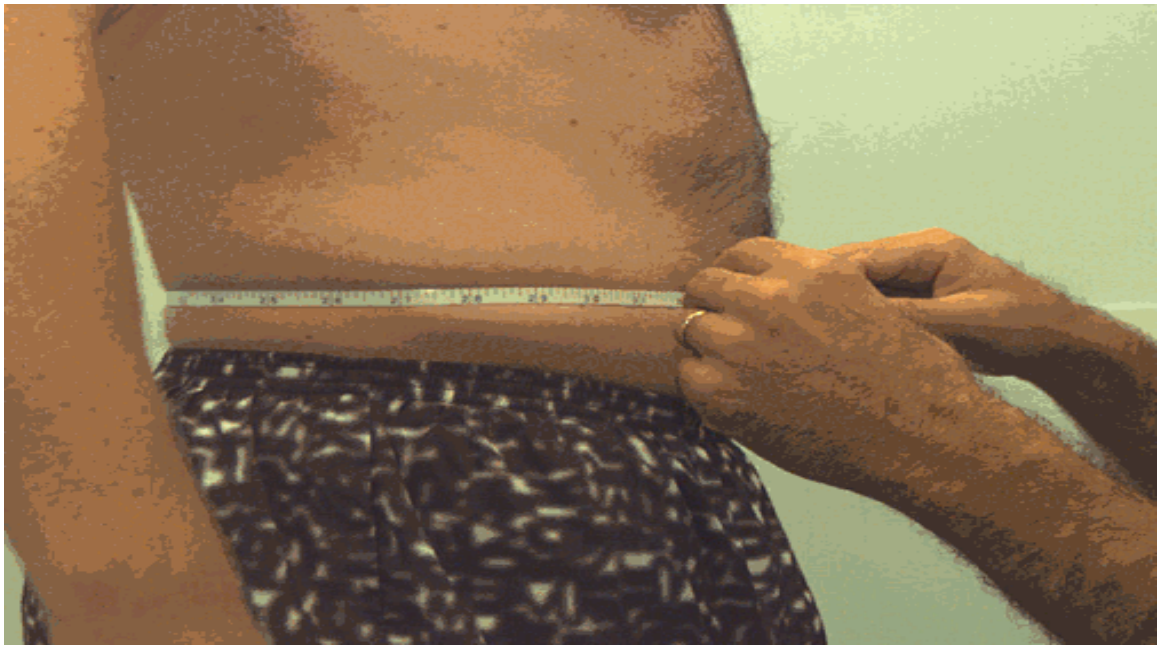

Figure 5. Male Waist Measurement (Back View).

Table 3. Procedures for Measuring Body Fat for Females (see notes).

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx. Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. **Round the neck measurement up to the nearest quarter inch.**
WAIST:	With the member standing with arms at her sides and at the end of a normal relaxed exhalation, measure the natural waist circumference. Ensure the tape measure is horizontal all the way around the waist. The natural waist circumference is the narrowest point, usually located about half way between the navel and the lower end of the sternum (breastbone). When it is not easy to distinguish the narrowest point, take several measurements and use the smallest measurement. **Round the waist measurement down to the nearest quarter inch.**

BUTTOCKS:	While facing the member's right side, and with the tape measure level (horizontal) to the floor, measure the buttocks circumference by placing the tape (ensure the tape measure is horizontal all the way around) so it passes over the buttocks at the point that protrudes the farthest. **Round the buttock measurement down to the nearest quarter inch.**
BODY FAT PERCENTAGE DETERMINATION:	Determine the member's body fat percentage by: Adding the waist and buttocks measurements then subtracting the neck measurement from the sum to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the member's height measurement.

NOTES:

1. Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Members of the same sex will take BFMs.

2. Use only a fiberglass tape measure. No other measurement technique is authorized for the WBFMP. The tape measure width should be ¼" - 3/8".

3. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary Period may be used throughout the member's tenure in the WBFMP.

4. Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform. Lycra or spandex garments cannot be worn. Pantyhose (support or nonsupport) and undergarments made of lycra or spandex cannot be worn.

a. Neck and waist measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure the tie tab is not worn.

b. When taking the waist measurement in any uniform, ensure the waist on pants or skirt is loosened as not to push up any skin.

c. Take buttocks measurement around the nonrestrictive gym shorts or around the undergarment.

Figure 6. Female Neck Measurement (Frontal View).

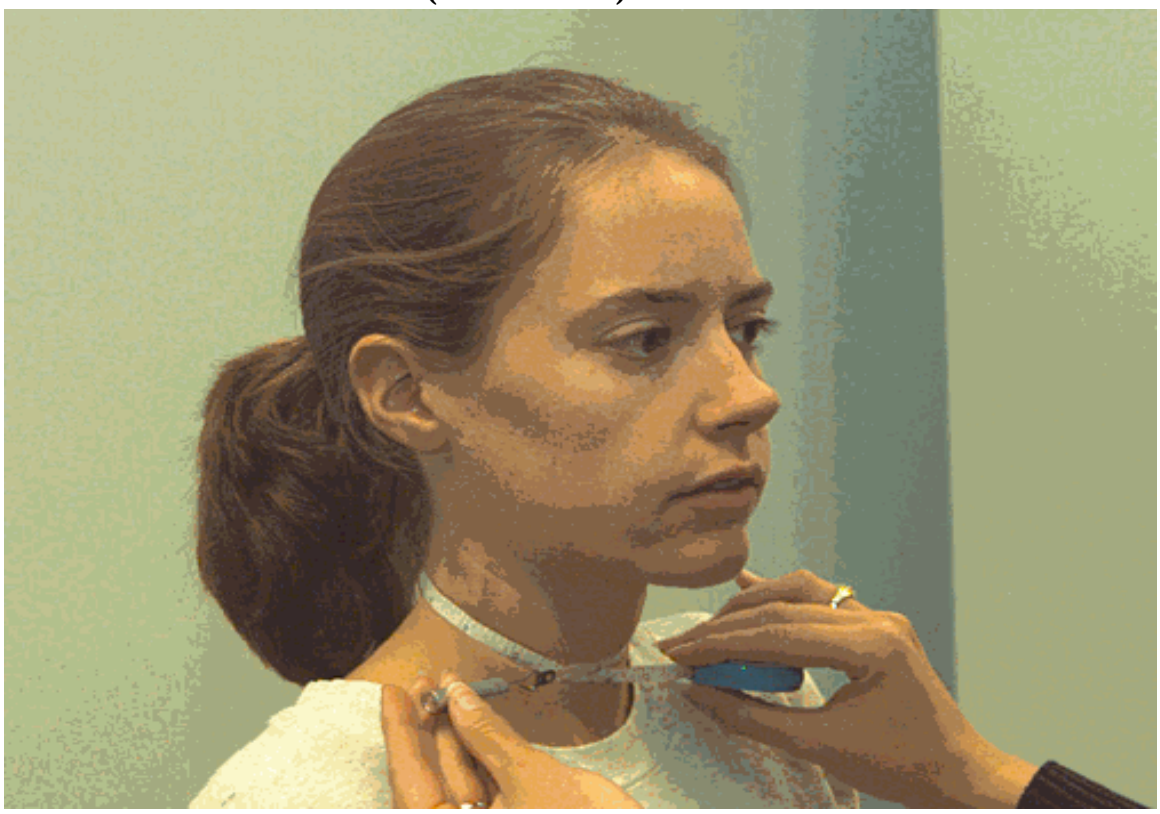

Figure 7. Female Neck Measurement (Back View).

Figure 8. Female Neck Measurement (Side View).

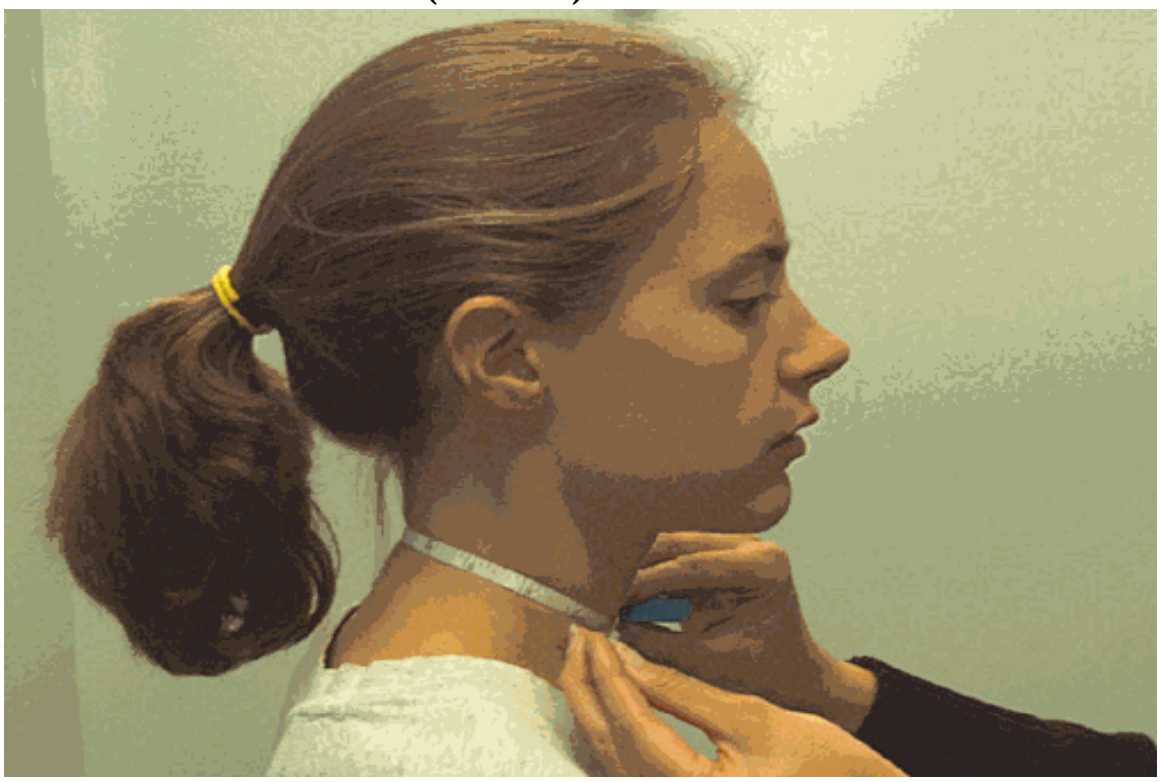

Figure 9. Female Waist Measurement (Frontal View).

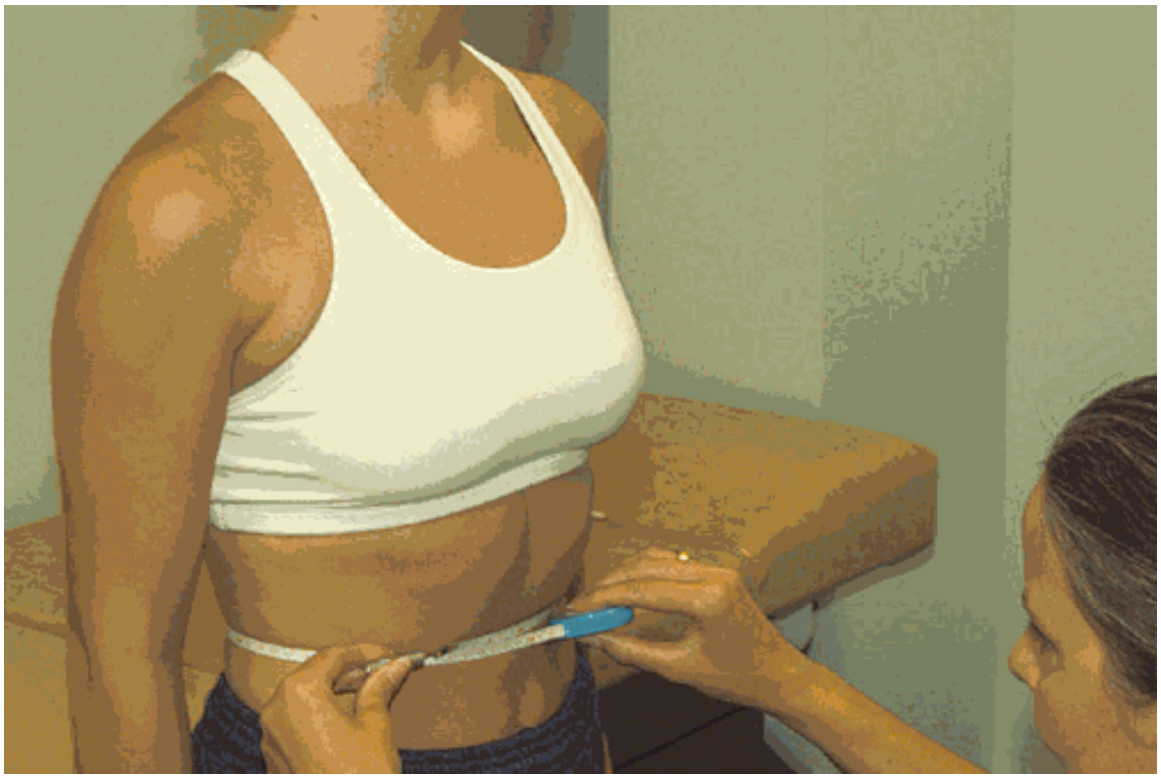

Figure 10. Female Waist Measurement (Side View).

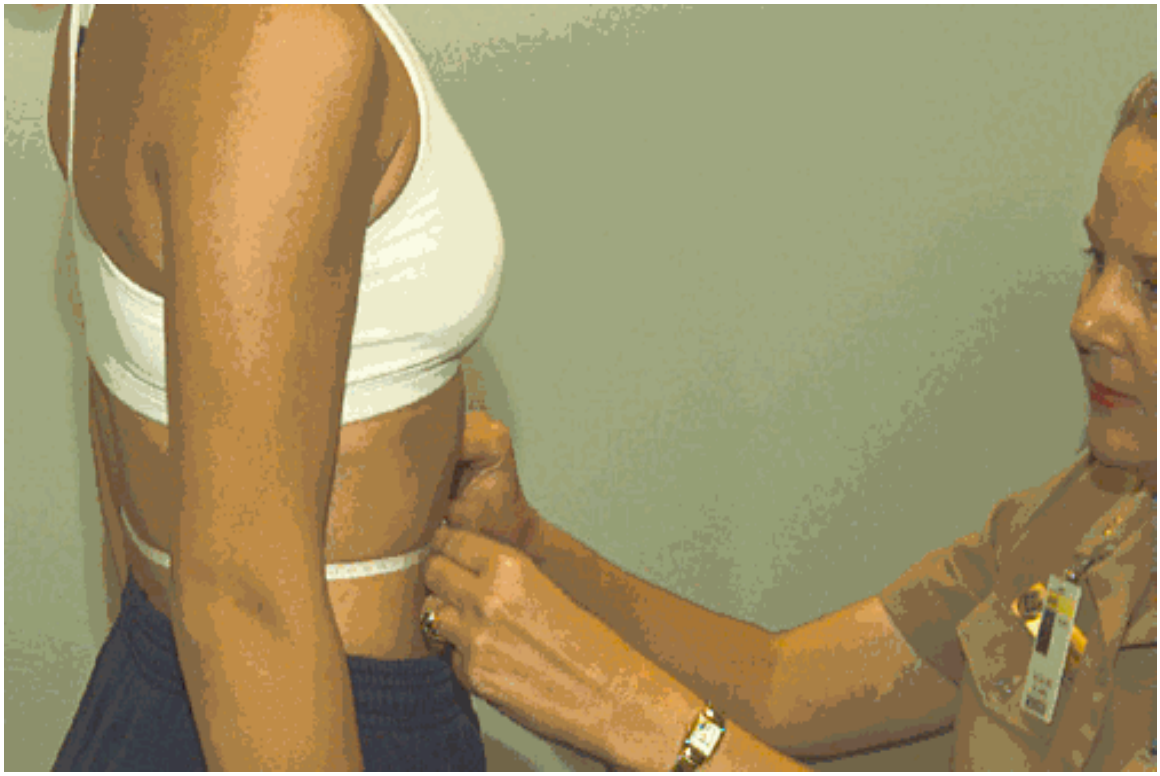

Figure 11. Female Buttock Measurement (Side View).

6. Reenlistment Actions:

6.1. Members are ineligible to reenlist (RE code 5C) while serving in the IEBFLP of the WBFMP, including a temporary medical deferral period, and while on the 3-Month Exercise and Dietary Period.

6.2. Successful completion of the IEBFLP restores reenlistment eligibility and removal of reenlistment ineligibility condition.

6.3. Unit commanders may authorize members in the 3-Month Exercise and Dietary Period and in the IEBFLP to extend their enlistments for the minimum number of months needed to meet standards (i.e., 1 month for every 1 percent of body fat over their BFS plus 3 months if in the 3-Month Exercise and Dietary Period). Extensions are also authorized in 3 month increments for those members pending reassignment action and due process IAW AFI 36-2115, *Assignment Within the Reserve Components.*

6.4. Refer to AFI 36-2612, United States Air Force Reserve (USAFR) Reenlistment and Retention Program, for additional guidance.

NOTE: First, extensions are granted at the member's request and in whole months only. Second, members who fail the WBFMP are ineligible to reenlist while being processed for reassignment IAW AFI 36-2115.

7. Officer Promotion Actions While in the WBFMP:

7.1. Laws govern officer promotions.

7.2. Unit or higher-level commanders have the authority to withhold promotion for members in the WBFMP. Unless delayed by the unit or higher-level commander, the member will be promoted even if in the WBFMP.

7.3. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place.

7.4. Unit or higher level commanders can request approval by the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.

7.5. Refer to AFI 36-2504, *Officer Promotion, Continuation and Selective Early Removal in the Reserve of the Air Force*.

8. Enlisted Promotion Actions While in the WBFMP:

8.1. 3-Month Exercise and Dietary Period (WSC 0):

8.1.1. Ineligible to assume the higher grade.

8.1.2. Ineligible for promotion consideration.

8.2. Phase I (IEBFLP) (WSC 6):

8.2.1. Ineligible to assume the higher grade.

8.2.2. Ineligible for promotion consideration.

8.2.3. Refer to AFI 36-2502, *Airman Promotion Program,* for additional information.

8.3. Phase II (Observation Period) (WSC 3):

8.3.1. Eligible to assume the higher grade.

8.3.2. Eligible for promotion consideration.

8.3.3. Promotions are not retroactive.

8.3.4. Refer to AFI 36-2502, for additional information.

8.4. Temporary Medical Deferrals (WSC 5): Members entered into WSC 0 or 6 who get a temporary medical deferral remain ineligible for promotion, retraining, and reenlistment.

9. Assignment Actions While in the WBFMP:

9.1. Weigh members upon application for and approval of transfer to another unit. The losing commander must ensure the gaining commander is aware of any overweight/overfat condition prior to reassignment.

9.2. Refer to AFI 36-2115, for additional information.

9.3. Deny further participation and initiate involuntary reassignment action to HQ ARPC IAW AFI 36-2115 for those members who fail to meet BFS at the completion of the IEBFLP or exceeding BFS during the Observation Period. Note: Transfer Palace Chase Obligators IAW AFI 36-3205, *Applying for the Palace Chase and Palace Front Programs.*

9.4, Members within 6 months of their ETS who fail to meet BFS at completion of the, IEBFLP, or Observation Period are denied further participation and are discharged upon reaching their ETS.

10. Retraining Actions While in the WBFMP:

10.1. Members in the 3-Month Exercise and Dietary Period (WSC 0), the IEBFLP (WSC 6), and Temporary Medical Deferral (WSC 5) are ineligible to apply for voluntary retraining.

10.2. Refer to AFI 36-2626, *Airman Retraining Program*, for additional information.

11. Air Force BFS:

11.1. These are the Air Force's BFS:

11.1.1. Twenty percent (20%) for men 29 years old and younger.

11.1.2. Twenty-four percent (24%) for men 30 years old and older.

11.1.3. Twenty-eight percent (28%) for women 29 years old and younger.

11.1.4. Thirty-two percent (32%) for women 30 years old and older.

12. WSCs:

12.1. The unit commander and unit WBFMP manager use the following WSCs to track which phase of the WBFMP a member is currently in:

12.1.1. WSC 0 3-Month Exercise and Dietary Period (see note).

12.1.2. WSC 3-Observation Period (Phase II) (Refer to para 14.3).

12.1.3. WSC 4-BFS Adjustment (Refer to paragraph 13).

12.1.4. WSC 5-Temporary Medical Deferral (Phase I) (refer to paragraph 16).

12.1.5. WSC 6-IEBFLP (Phase I) (refer to paragraph 14.2)

NOTE: At the end of the 3-Month Exercise and Dietary Period, members will be placed in either WSC 6 or WSC 3. Refer to Paragraph 14.1 for additional information.

13. Processing BFS Adjustments:

13.1. The unit commander may consider members for an upward BFS adjustment if the member is identified as exceeding BFS, but otherwise presents a professional military appearance. Only increases to BFS will be considered and the requested adjustment will not exceed the body fat percentage at which the member is measured.

13.1.1. To assess whether a member should receive a BFS adjustment, the unit commander:

13.1.1.1. Refers the member for a medical evaluation. The medical evaluation may be accomplished by the member's civilian medical provider; however, the military medical provider must review and provide a recommendation to the unit commander. The military medical provider will conduct a complete and concise medical evaluation using the member's medical records, medical history, and other medical documentation from the member's civilian provider.

13.1.1.2. Sends the request for the BFS adjustment and the medical recommendation to the wing/RSG commander for approval/disapproval.

13.2. Wing/RSG commanders approve upward BFS adjustments for 12-month periods only.

13.2.1. Unit commanders wanting to submit considerations for renewal or continuation of the BFS adjustment will submit them with a military medical recommendation attached to the wing/RSG commander on the 11th month of the current adjustment period.

13.3. The unit WBFMP manager updates these PDS codes for members who receive approved BFS adjustments:

13.3.1. WSC 4 for members not currently entered in the WBFMP (e.g., member is identified as exceeding BFS, but is granted a BFS adjustment by the wing/RSG commander in lieu of being enrolled in the WBFMP).

13.3.2. WSC 3 for members currently in the IEBFLP of the WBFMP.

13.4. At the end of the BFS adjustment period (if not extended), the WBFMP manager will:

13.4.1. Take a BFM and record on USAFR WBFMP memorandum.

13.4.2. For members in the WBFMP with a BFS adjustment and WSC 3, update as WSC 6 if not meeting BFS or WSC 3 if member is meeting BFS. WSC 6 is used to establish a new body fat base line for members not within BFS.

13.4.3. For members not in the WBFMP with a BFS adjustment code of WSC 4: (1) Remove WSC 4 if meeting BFS. (2) For members not meeting BFS enter them into the 3-Month Exercise and Dietary Period. Members will follow the normal WBFMP process once entered into the 3-Month Exercise and Dietary Period.

14. WBFMP Phases:

14.1. 3-Month Exercise and Dietary Period: This period will be in 30 day increments. It begins the day of the BFM and ends after the third increment. Members will be entered into the IEBFLP the first UTA after the third increment if not meeting standards and the Observation Period if within standards.

14.1.1. Members identified as exceeding BFS will be provided the option to request or waive a medical evaluation prior to entry into this period.

14.1.2. Members identified as exceeding BFS will be encouraged to voluntarily seek out exercise and dietary counseling at his/her own time and expense in a non-duty status only. This program is established to assist members in making gradual, but permanent exercise and dietary lifestyle changes.

14.1.3. Early removal from this period is not authorized regardless of reaching BFS. The importance of this period is for members identified as over body fat to attain a behavior change in exercise and diet habits.

14.1.4. Upon completion of this period, a BFM will be administered and the member's BFS will be annotated on the USAFR WBFMP memorandum.

14.1.5. Members transferring to another reserve unit who have not completed the 3-Month Exercise and Dietary Period will be enrolled at their gaining duty station. The program time frame will not exceed the 3 months from the start date at their last duty station.

14.1.6. Members TDY will continue the program upon their return to their duty station or be entered into the next phase of the WBFMP if the 3 months have passed from the date of entry into the 3-Month Exercise and Dietary Period.

14.2. Phase I (IEBFLP)

14.2.1. Members who have not met BFS will be placed in WSC 6 IEBFLP, after they have completed the 3-Month Exercise and Dietary Period. Members will be re-measured at this time and placed in the IEBFLP for the number of months the member exceeds BFS. (Example: 3% over is 3 months).

14.2.2. Members must receive a medical evaluation and clearance prior to enrollment in the IEBFLP. Members may not request a second medical evaluation.

14.2.3. Members will be encouraged to remain in an exercise and dietary program after they complete the 3-Month Exercise and Dietary Period.

14.2.4. Members will not be selected for official commander-directed measurements while in the IEBFLP.

14.2.5. Members will be administered a BFM at the completion of the IEBFLP.

14.2.6. Members not available for BFMs at the end of the IEBFLP receive a BFM during their next military status. NOTE: The IEBFLP is not officially completed until this BFM is performed.

14.3. Phase II (Observation Period): This period is in 30-day increments for 6 increments. (6 months)

14.3.1. Members who have met or are below BFS after completing the 3-Month Exercise and Dietary Period will be placed in WSC 3, Observation Period.

14.3.2. Members will be administered a BFM at the completion of the Observation Period.

14.3.3. Members not available for BFMs at the end of the Observation Period receive a BFM during their next military status. NOTE: The Observation Period is not officially completed until this BFM is performed.

14.3.4. Remove members from the WBFMP after successful completion of the Observation Period.

14.3.5. Unit commanders will initiate involuntary reassignment to HQ ARPC IAW 36-2115 for those members who fail to maintain BFS during or at the completion of the Observation Period.

15. Unit Commander Requirements for Members Identified as not Presenting a Professional Military Appearance:

15.1. Members who do not present a professional military appearance (regardless of weight or body fat percentage) may be entered into the 3-Month Exercise and Dietary Period.

15.2. Members will be provided the option to request or waive a medical evaluation. Members will only be scheduled for a medical evaluation upon their request.

15.3. Members will be notified in writing, the date they should complete the program and the requirement they must meet.

15.4. The program may be extended beyond the 3 months until members achieve a professional military appearance.

15.5. Members will be encouraged to voluntarily seek out exercise and dietary counseling programs at their own time, expense, and in a non-duty status.

15.6. There are no PDS codes for this program.

16. Processing Medical Deferrals. Unit commanders may approve a temporary medical deferral when recommended by the medical provider. Members who are in Profile 4 are not automatically exempted from the WBFMP. AF Form 422 must specifically state that members are deferred from the WBFMP.

16.1. Temporary medical deferrals (WSC 5) for IEBFLP members:

16.1.1. Unit commanders notify members that they remain ineligible for certain career-related events such as promotions (for enlisted personnel), reenlistments, voluntary retraining, and attendance at PME and AETC schools.

16.1.2. The WBFMP manager updates the PDS to WSC 5. Official BFMs may not be performed on members in WSC 5.

16.1.3. For medical deferrals due to pregnancy, the deferral will expire 6 months after the pregnancy ends. The unit commander may extend up to 18 months of deferral for pregnancy, based on a medical provider's recommendation.

16.1.4. In cases other than pregnancy, the unit commander may approve medical deferrals up to 6-month increments, not to exceed 12 consecutive months. The unit commander recommends to the wing/RSG commander all deferrals exceeding 1 year.

16.1.5. The member is measured for weight and body fat after the deferral expires and entered into WSC 3 if meeting BFS or WSC 6 to establish a new base line for weight and body fat if exceeding BFS.

16.1.6. If the medical deferral documentation indicates member is able to lose the necessary body fat, at the rate prescribed by this AFI, then member will be reassigned to HQ ARPC if they do not meet BFS at the end of the deferral and the original IEBFLP time limit has passed.

16.2. Medical deferrals for Observation Period participants:

16.2.1. Members remain in the Observation Period, WSC 3, and are not coded as WSC 5. Members will not be measured for weight or body fat while in the medical deferral status.

16.2.2. For medical deferrals due to pregnancy the deferral will expire 6 months after the pregnancy ends**.** The unit commander may extend up to 18 months of deferral for pregnancy, based on a medical provider's recommendation.

16.2.3. Members will be removed from the WBFMP at the end of the WSC 3 (Phase II, Observation Period) even though they were not being measured for body fat while in the medical deferral status if they meet BFS.

16.2.4. The member is measured for weight and body fat after the deferral expires:

16.2.4.1. If the medical deferral indicated that the member is unable to exercise during this period, and member fails to meet the BFS at the end of the Observation Period, then member's are entered into WSC 6.

16.2.4.2. If the medical deferral indicates that member is able to exercise and maintain a healthy lifestyle, and does not meet BFS at the end of Observation Period, them commander's begin involuntary reassignment to HQ ARPC IAW AFI 36-2115.

17. Administrative Action. Unit commanders must deny further participation and initiate reassignment action to HQ ARPC IAW AFI 36-2115, on members failing to meet BFS at the completion of the IEBFLP or exceeding BFS during the Observation Period.

18. WBFMP Procedures During Contingency and Mobilization Operations:

18.1. The WBFMP requirements, which include weigh-ins, BFMs, and reporting, are suspended for members deployed to any code name operation (i.e. DESERT STORM, PROVIDE COMFORT, etc.) of 30 days or more unless otherwise specified by the area theater commander. Mission priorities within a code name operation take precedence over WBFMP requirements.

18.2. Three-Month Exercise and Dietary Period:

18.2.1. Members will be disenrolled from the 3-Month Exercise and Dietary Period when deployed to any code name operation.

18.2.2. Members will be weighed and measured for body fat upon their return from the deployment.

18.2.2.1. Members within BFS will be entered into WSC 3, Phase II, 6 Month Observation Period.

18.2.2.2. Members exceeding BFS will be reentered into the 3-Month Exercise and Dietary Period upon their return from the deployment.

18.3. Phase I (IEBFLP) Members: Are responsible for continuing a proper exercise and diet regimen in an effort to continue weight and body fat loss.

18.3.1. Commanders should be made aware of members in the IEBFLP (WSC 6) and with Temporary Medical Deferral (WSC 5) prior to making the decision to deploy them to any of these locations. These members will remain in these WSC codes during the deployment period even though they won't be monitored. Members will also be advised of this action.

18.3.2. Members will be weighed and measured for body fat upon return from the deployment and entered into WSC 6 or WSC 3 only.

18.3.3. The unit WBFMP manager at the member's home station will follow weight and BFM procedures after the member has been entered in WSC 3 or 6.

18.4. Phase II, Observation Period Members: Are responsible for continuing a proper exercise and diet regimen in an effort to maintain BFS.

18.4.1. Members still within the Observation Period will be weighed and measured for body fat upon return from the deployment to determine if they are still within BFS.

18.4.2. If they are within BFS, they will progress though the WBFMP accordingly.

18.4.3. Commanders will allow a 30-day grace period from the date of these measurements for members not within BFS. Members will be reentered into the IEBFLP (WSC 6) if not within BFS at the end of the 30-day grace period.

19. AF Form 393:

19.1. The Air Force Form 393 is used to document a member's status in the WBFMP.

19.2. Although several items listed on AF Form 393 are not applicable to the USAFR WBFMP, it provides a consolidated list of all actions pertaining to a member's history.

20. The WBFMP Case File:

20.1. The WBFMP case file must contain AF Form 393, WBFMP memorandum(s) and any other pertinent WBFMP documentation.

20.2. Upon completion of the Observation Period dispose of the WBFMP file IAW AFMAN 37-139.

21. Probation Period: The 1-Year Probation Period has been eliminated from the WBFMP.

22. Forms Prescribed. AF Form 393, Individual Record for Weight Management and Fitness Improvement Training (FIT) Program.

JAMES E. SHERRARD III, Maj Gen, USAF
Commander

Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

References

Title 10, United States Code, Section 8013

AETCI 36-2205, *Flying Training Student Administration and Management*

AFI 33-360, Volume I, *Publications Management Program*

AFI 36-2115, *Assignments within the Reserve Components*

AFI 36-2502, *Airman Promotion Program*

AFI 36-2503, *Administrative Demotion of Airmen*

AFI 36-2504, *Officer Promotion, Continuation and Selective Early Removal in the Reserve of the Air Force*

AFI 36-2612, *USAF Reserve Reenlistment and Retention Program*

AFI 36-2626, *Airman Retraining*

AFMAN 36-80001, *Reserve Personnel Participation and Training Procedures*

AFPD 40-5, *Fitness and Weight Management*

AFTO 33K-6-4-285-1, *Calibration Procedures*

AFVA 40-503, *United States Air Force Maximum Allowable Weight (MAW) Table*

DoD Directive 1308.1, *DoD Physical Fitness and Body Fat Program*

DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*

Abbreviations and Acronyms

ABC—Aerospace Basic Course

ADT—Active Duty for Training

AFPD—Air Force Policy Directive

AFI—Air Force Instruction

AFS—Air Force Standard

ALS—Airman Leadership School

DoD—Department of Defense

DoDD—Department of Defense Directive

DoDI—Department of Defense Instruction

BFM—Body Fat Measurement

BFS—Body Fat Standards

BOTS—Basic Officer Training Schools

DP—Director of Personnel

ETS—Expiration Term of Service

HAWC—Health and Wellness Center

IDT—Inactive Duty for Training

IEBFLP—Initial Entry Body Fat Loss Period

IRR—Individual Ready Reserve

MPF—Military Personnel Flight

MTF—Medical Treatment Facility

NCOA—Noncommissioned Officer Academy

PCA—Permanent Change of Assignment

PCS—Permanent Change of Station

PDS—Personnel Data System

PME—Professional Military Education

RSG—Reserve Support Group

SAV—Staff Assistance Visit

SNCOA—Senior Noncommissioned Officer Academy

SSS—Senior Service School

TDY—Temporary Duty

UCMJ—Uniform Code of Military Justice

USAFR—United States Air Force Reserve

WBFMP—Weight and Body Fat Management Program

WSC—Weight Status Code

Terms

Body Fat Measurement (BFM)—Determining a member's body fat percentage by using circumferential measurement technique as described in paragraph 1, and Tables 2 and 3.

Body Fat Percentage—The weight of the fat in a member's body as a percentage of total body weight.

Initial Entry Body Fat Loss Period (IEBFLP—*)*—A specified time period during which members are required to reduce their body fat percentage, at a rate of one percent body fat per month to meet their BFS.

Medical Provider—Provider appointed by the Medical Group Commander to provide medical evaluations, make appropriate recommendations on medical deferrals and/or exemptions from the WBFMP, and to assist and advise the unit commander.

Observation Period (Phase II)—A mandatory 6-month period after the member has met BFS. Use to

ensure that members remain committed to stay at or below their BFS. Weight Status Code (WSC) 3.

Overfat—Exceeds BFS prescribed in paragraph 11.

Personnel Data System (PDS)—A collective term encompassing the total vertical computerized personnel data system. Use it when you're not referencing a specific subsystem.

Physical Fitness—The ability to rapidly transform stored energy into work. The ability to do daily tasks efficiently, without undue fatigue, and has ample energy remaining for military contingencies, emergencies, and leisure pursuits.

Physical Profile Serial Report (AF Form 422)—As specified in AFI 48-123, Medical Examination and Standards, use this AF Form 422 to communicate information from the medical facility to personnel, command, and training authorities. The form describes the examinee's condition in non-technical terms, and records duty restrictions and assignment limitations.

Temporary Medical Deferral—A temporary deferral from the WBFMP for documented medical reasons. A medical provider makes the recommendation and the unit commander must approve the deferral.

Weight and Body Fat Program Manager—A member appointed in writing by the wing/RSG, unit, or MPF commander to assist and advise the commander in the administration of the WBFMP.

Weight and Body Fat Management Program (WBFMP)—The Reserve WBFMP is a compliance program only. It is designed to afford overfat members appropriate time to meet BFS.

Weight Status Codes (WSC)—The PDS codes identifying a members current status in the WBFMP.

3-Month Exercise and Dietary Period—First 90 days of the WBFMP during which a member is provided the option to request or waive a medical evaluation and will be advised to seek exercise and dietary education at their own time and expense and in a non-duty status only. Members will be placed in either code WSC 6 or WSC 3 at the end of the 3-month period.

Attachment 2

THE RESERVE WEIGHT AND BODY FAT MANAGEMENT PROGRAM OVERVIEW

Unit commanders will provide a copy of this overview to all members upon enrollment in the 3-Month Exercise and Dietary Period.

- Members will be:

-- Entered into the WBFMP and enrolled in the 3-Month Exercise and Dietary Period by the unit commander when identified as exceeding BFS. Exercise and dietary education programs will be voluntary and accomplished at the member's own time and expense in a nonduty status only. Upon the member's request a medical evaluation must be performed.

The wing/RSG commander may adjust a member's BFS upward based on the recommendation of the unit commander

and the medical provider if a member exceeds BFS, presents a professional military appearance and appears to be fit.

Members enrolled in the 3-Month Exercise and Dietary Period (WSC 0):

-- Prohibited from early removal from this period regardless of reaching BFS prior to completing the 3-Month Exercise and Dietary Period. The importance of this stage is for members identified as over body fat to attain a behavior change in exercise and dietary habits

-- Enlisted members are ineligible for promotion consideration

-- Enlisted members are ineligible to assume the higher grade. (i.e., enlisted members selected for promotion and found to be over BFS prior to pin on.)

-- Officers: Unit or higher-level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher-level commander, the member will be promoted even if in the 3-Month Exercise and Dietary Period. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place. Unit or higher level commanders can request approval to the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of delay.

-- Enlisted members are ineligible to reenlist

-- Enlisted and officer members are ineligible to attend PME

-- No administrative actions may be taken against a member for not meeting BFS or due to a lack of progress in the loss of body fat during this the 3-Month Exercise and Dietary Period

- Members in Phase I (IEBFLP) are:

-- Enlisted members are ineligible to reenlist

-- Enlisted and officer members are ineligible to attend PME

-- Cannot voluntarily retrain

-- Measured for body fat loss at the end of the IEBFLP

--- Must reduce body fat percentage at an average rate of one percent body fat loss per month

--- Unsatisfactory progress occurs when you fail to meet BFS at the completion of the IEBFLP

--- Unsatisfactory progress results in:

---- Involuntary reassignment to HQ ARPC IAW AFI 36-2115

- Phase II Observation Period:

-- Members progress to the Observation Period (Phase II) upon meeting BFS and completing the 3-Month Exercise and Dietary Period

-- Members are eligible for reassignment, reenlistment, voluntary retraining, PME; may assume higher grade

-- Members must maintain or be below BFS at all times during the Observation Period

-- Members should continue to exercise and diet appropriately

-- Members must maintain BFS for 6 months after entering Phase II--If members exceed BFS prior to completion of Phase II , members will be involuntarily reassigned to HQ ARPC IAW AFI 36-2115

-- Phase II, Observation Period is not completed until an official BFM is performed at the end of Phase II

- Entry into the WBFMP affects promotions as follows:

-- Officer promotion actions:

-- Are governed by law

-- Unit or higher-level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher-level commander, the member will be promoted even if in the WBFMP

--- If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place

--- Unit or higher level commanders can request approval to the Secretary of the Air Force to adjust the officer’s date of rank if found to be not qualified for promotion during the period of the delay

-- Refer to AFI 36-2504, for additional information

-- Enlisted promotion actions:

--- Phase I (IEBFLP)

---- Ineligible to assume the higher grade

---- Ineligible for promotion consideration

--- Temporary Medical Deferral (WSC 5): Members are ineligible for promotion if the member was in Phase I (WSC 0, 6) prior to approval of temporary medical deferral. Wing/RSG commanders may allow promotion for members in WSC 5 (Temporary Medical Deferment), including temporary medical deferrals for pregnancy, if the member was in Phase II (WSC 3) prior to temporary medical deferral

Attachment 3

UNITED STATES AIR FORCE

MAXIMUM ALLOWABLE WEIGHT (MAW) TABLE

		MEN Interpolated Weight						WOMEN Interpolated Weight			
Height	**MAW**	**1/4"**	**1/2"**	**3/4"**	**Desired Weight**	**Height**	**MAW**	**1/4"**	**1/2"**	**3/4"**	**Desired Weight**
60	153	**153 1/2**	154	**154 1/2**	*138*	**60**	136	**136 1/2**	137	**137 1/2**	*122*
61	155	**155 1/2**	156 1/2	**157 1/4**	*140*	**61**	138	**138 3/4**	139 1/2	**140 1/4**	*124*
62	158	**158 1/2**	159	**159 1/2**	*142*	**62**	141	**141 1/4**	141 1/2	**141 3/4**	*127*
63	160	**161**	162	**163**	*144*	**63**	142	**143**	144	**145**	*128*
64	164	**165 1/4**	166 1/2	**167 3/4**	*148*	**64**	146	**147**	148	**149**	*131*
65	169	**170 1/4**	171 1/2	**172 3/4**	*152*	**65**	150	**151 1/4**	152 1/2	**153 3/4**	*135*
66	174	**175 1/4**	176 1/2	**177 3/4**	*157*	**66**	155	**156**	157	**158**	*139*
67	179	**180 1/4**	181 1/2	**182 3/4**	*161*	**67**	159	**160 1/4**	161 1/2	**162 3/4**	*143*
68	184	**185 1/4**	186 1/2	**187 3/4**	*166*	**68**	164	**165**	166	**167**	*148*
69	184	**190 1/4**	191 1/2	**192 3/4**	*170*	**69**	168	**169 1/4**	170 1/2	**171 3/4**	*151*
70	194	**195 1/4**	196 1/2	**197 3/4**	*175*	**70**	173	**174**	175	**176**	*156*
71	199	**200 1/2**	202	**203 1/2**	*179*	**71**	177	**178 1/4**	179 1/2	**180 3/4**	*159*
72	205	**206 1/2**	208	**209 1/2**	*185*	**72**	182	**183 1/2**	185	**186 1/2**	*164*
73	211	**212 3/4**	214 1/2	**216 1/4**	*190*	**73**	188	**189 1/2**	191	**192 1/2**	*169*
74	218	**219 1/2**	221	**222 1/2**	*196*	**74**	194	**195 1/4**	196 1/2	**197 3/4**	*175*
75	224	**225 1/2**	227	**228 1/2**	*202*	**75**	199	**200 1/2**	202	**203 1/2**	*179*
76	230	**231 1/2**	233	**234 1/2**	*207*	**76**	205	**206 1/4**	207 1/2	**208 3/4**	*184*
77	236	**237 1/2**	239	**240 1/2**	*212*	**77**	210	**211 1/4**	212 1/2	**213 3/4**	*189*
78	242	**243 1/2**	245	**246 1/2**	*218*	**78**	215	**216 1/2**	218	**219 1/2**	*193*
79	248	**249 1/2**	251	**252 1/2**	*223*	**79**	221	**222 1/4**	223 1/2	**224 3/4**	*199*
80	254	**255 1/2**	257	**258 1/2**	*229*	**80**	226	**227 1/2**	229	**230 1/2**	*203*

NOTES:

1. For every inch under 60 inches, subtract 2 pounds from the MAW. For every inch over 80 inches, add 6 pounds to the MAW.

2. Measure without shoes.

3. Subtract 3 pounds for any military uniform and 2 pounds for gym clothing.

Attachment 4

BODY FAT PERCENT TABLES FOR MALES

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
11.00	3	2	2	2	2	1	1	0	0	0
11.25	3	3	3	3	2	2	2	2	1	1
11.50	4	4	4	3	3	3	3	2	2	2
11.75	5	5	4	4	4	4	3	3	3	3
12.00	6	5	5	5	5	4	4	4	4	3
12.25	6	6	6	6	5	5	5	5	4	4
12.50	7	7	6	6	6	6	6	5	5	5
12.75	8	7	7	7	7	6	6	6	6	6
13.00	8	8	8	8	7	7	7	7	6	6
13.25	9	9	9	8	8	8	8	7	7	7
13.50	10	9	9	9	9	8	8	8	8	8
13.75	10	10	10	10	9	9	9	9	8	8
14.00	11	11	10	10	10	10	10	9	9	9
14.25	12	11	11	11	11	10	10	10	10	9
14.50	12	12	12	11	11	11	11	11	10	10
14.75	13	13	12	12	12	12	11	11	11	11
15.00	13	13	13	13	12	12	12	12	12	11
15.25	14	14	14	13	13	13	13	12	12	12
15.50	15	14	14	14	14	13	13	13	13	12
15.75	15	15	15	14	14	14	14	13	13	13
16.00	16	15	15	15	15	15	14	14	14	14
16.25	16	16	16	16	15	15	15	15	14	14
16.50	17	17	16	16	16	16	15	15	15	15
16.75	17	17	17	17	16	16	16	16	15	15
17.00	18	18	17	17	17	17	16	16	16	16
17.25	18	18	18	18	17	17	17	17	17	16
17.50	19	19	19	18	18	18	18	17	17	17
17.75	20	19	19	19	19	18	18	18	18	17

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
18.00	20	20	20	19	19	19	19	18	18	18
18.25	21	20	20	20	20	19	19	19	19	18
18.50	21	21	21	20	20	20	20	19	19	19
18.75	22	21	21	21	21	20	20	20	20	19
19.00	22	22	22	21	21	21	21	20	20	20
19.25	23	22	22	22	22	21	21	21	21	20
19.50	23	23	23	22	22	22	22	21	21	21
19.75	23	23	23	23	22	22	22	22	22	21
20.00	24	24	23	23	23	23	22	22	22	22
20.25	24	24	24	24	23	23	23	23	22	22
20.50	25	25	24	24	24	24	23	23	23	23
20.75	25	25	25	25	24	24	24	24	23	23
21.00	26	26	25	25	25	25	24	24	24	24
21.25	26	26	26	25	25	25	25	25	24	24
21.50	27	26	26	26	26	25	25	25	25	24
21.75	27	27	27	26	26	26	26	25	25	25
22.00	28	27	27	27	27	26	26	26	26	25
22.25	28	28	27	27	27	27	27	26	26	26
22.50	28	28	28	28	27	27	27	27	26	26
22.75	29	29	28	28	28	28	27	27	27	27

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
23.00	29	29	29	29	28	28	28	28	27	27
23.25	30	29	29	29	29	28	28	28	28	27
23.50	30	30	30	29	29	29	29	28	28	28
23.75	31	30	30	30	29	29	29	29	29	28
24.00	31	31	30	30	30	30	29	29	29	29
24.25	31	31	31	31	30	30	30	30	29	29
24.50	32	31	31	31	31	30	30	30	30	29
24.75	32	32	32	31	31	31	31	30	30	30

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
25.00	33	32	32	32	31	31	31	31	30	30
25.25	33	33	32	32	32	32	31	31	31	31
25.50	33	33	33	33	32	32	32	31	31	31
25.75	34	33	33	33	33	32	32	32	32	31
26.00	35	34	34	33	33	33	32	32	32	32
26.25	34	34	34	34	33	33	33	33	32	32
26.50	35	35	34	34	34	33	33	33	33	32
26.75	35	35	35	34	34	34	34	33	33	33
27.00	36	35	35	35	34	34	34	34	33	33
27.25	36	36	35	35	35	35	34	34	34	34
27.50	36	36	36	35	35	35	35	34	34	34
27.75	37	36	36	36	36	35	35	35	35	34
28.00	37	37	36	36	36	36	35	35	35	35
28.25	37	37	37	37	36	36	36	35	35	35
28.50	38	37	37	37	37	36	36	36	36	35
28.75	38	38	37	37	37	37	36	36	36	36
29.00	38	38	38	38	37	37	37	37	36	36
29.25	39	38	38	38	38	37	37	37	37	36
29.50	39	39	39	38	38	38	37	37	37	37
29.75	39	39	39	39	38	38	38	38	37	37
30.00	40	39	39	39	39	38	38	38	38	37
30.25	40	40	40	39	39	39	38	38	38	38
30.50	40	40	40	40	39	39	39	39	38	38
30.75	41	40	40	40	40	39	39	39	39	38
31.00	41	41	40	40	40	40	39	39	39	39
31.25	41	41	41	41	40	40	40	40	39	39
31.50	42	41	41	41	41	40	40	40	40	39
31.75	42	42	41	41	41	41	40	40	40	40

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
32.00	42	42	42	42	41	41	41	40	40	40
32.25	43	42	42	42	42	41	41	41	41	40
32.50	43	43	42	42	42	42	41	41	41	41
32.75	43	43	43	42	42	42	42	41	41	41
33.00	44	43	43	43	42	42	42	42	41	41
33.25	44	44	43	43	43	43	42	42	42	42
33.50	44	44	44	43	43	43	43	42	42	42
33.75	44	44	44	44	43	43	43	43	42	42
34.00	45	45	44	44	44	43	43	43	43	42
34.25	45	45	45	44	44	44	43	43	43	43
34.50	45	45	45	45	44	44	44	44	43	43
34.75	46	45	45	45	45	44	44	44	44	43
35.00	46	46	45	45	45	45	44	44	44	44
35.25	46	46	46	45	45	45	45	44	44	44

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	1	0	0	0	0	0	0	0	0	0
11.50	2	2	1	1	0	0	0	0	0	0
11.75	3	2	2	2	2	1	1	1	0	0
12.00	3	3	3	3	2	2	2	2	2	1
12.25	4	4	4	3	3	3	3	3	2	2
12.50	5	4	4	4	4	4	3	3	3	3
12.75	5	5	5	5	5	4	4	4	4	3
13.00	6	6	6	5	5	5	5	5	4	4
13.25	7	6	6	6	6	6	5	5	5	5
13.50	7	7	7	7	6	6	6	6	6	5
13.75	8	8	8	7	7	7	7	7	6	6

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
14.00	9	8	8	8	8	8	7	7	7	7
14.25	9	9	9	9	8	8	8	8	8	7
14.50	10	10	9	9	9	9	9	8	8	8
14.75	10	10	10	10	10	9	9	9	9	9
15.00	11	11	11	10	10	10	10	10	9	9
15.25	12	11	11	11	11	11	10	10	10	10
15.50	12	12	12	12	11	11	11	11	11	10
15.75	13	13	12	12	12	12	12	11	11	11
16.00	13	13	13	13	12	12	12	12	12	11
16.25	14	14	13	13	13	13	13	12	12	12
16.50	14	14	14	14	14	13	13	13	13	13
16.75	15	15	15	14	14	14	14	13	13	13
17.00	16	15	15	15	15	14	14	14	14	14
17.25	16	16	16	15	15	15	15	15	14	14
17.50	17	16	16	16	16	16	15	15	15	15
17.75	17	17	17	16	16	16	16	16	15	15
18.00	18	17	17	17	17	17	16	16	16	16
18.25	18	18	18	17	17	17	17	17	16	16
18.50	19	18	18	18	18	18	17	17	17	17
18.75	19	19	19	18	18	18	18	18	17	17
19.00	20	19	19	19	19	19	18	18	18	18
19.25	20	20	20	19	19	19	19	19	18	18
19.50	21	20	20	20	20	19	19	19	19	19
19.75	21	21	21	20	20	20	20	19	19	19
20.00	22	21	21	21	21	20	20	20	20	20
20.25	22	22	22	21	21	21	21	20	20	20
20.50	22	22	22	22	22	21	21	21	21	20
20.75	23	23	22	22	22	22	22	21	21	21

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
21.00	23	23	23	23	22	22	22	22	22	21
21.25	24	24	23	23	23	23	22	22	22	22
21.50	24	24	24	24	23	23	23	23	22	22
21.75	25	24	24	24	24	24	23	23	23	23
22.00	25	25	25	24	24	24	24	24	23	23
22.25	26	25	25	25	25	24	24	24	24	23
22.50	26	26	25	25	25	25	25	24	24	24
22.75	26	26	26	26	25	25	25	25	25	24
23.00	27	27	26	26	26	26	25	25	25	25
23.25	27	27	27	27	26	26	26	26	25	25
23.50	28	27	27	27	27	26	26	26	26	26
23.75	28	28	28	27	27	27	27	26	26	26
24.00	28	28	28	28	27	27	27	27	27	26
24.25	29	29	28	28	28	28	27	27	27	27
24.50	29	29	29	29	28	28	28	28	27	27
24.75	30	29	29	29	29	28	28	28	28	28
25.00	30	30	30	29	29	29	29	28	28	28
25.25	30	30	30	30	29	29	29	29	29	28
25.50	31	31	30	30	30	30	29	29	29	29
25.75	31	31	31	30	30	30	30	29	29	29
26.00	32	31	31	31	31	30	30	30	30	29
26.25	32	32	31	31	31	31	30	30	30	30
26.50	32	32	32	32	31	31	31	31	30	30
26.75	33	32	32	32	32	31	31	31	31	31
27.00	33	33	32	32	32	32	32	31	31	31
27.25	33	33	33	33	32	32	32	32	31	31
27.50	34	33	33	33	33	33	32	32	32	32
27.75	34	34	34	33	33	33	33	32	32	32

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
28.00	34	34	34	34	33	33	33	33	33	32
28.25	35	35	34	34	34	34	33	33	33	33
28.50	35	35	35	34	34	34	34	33	33	33
28.75	35	35	35	35	34	34	34	34	34	33
29.00	36	36	35	35	35	35	34	34	34	34
29.25	36	36	36	35	35	35	35	34	34	34
29.50	36	36	36	36	35	35	35	35	35	34
29.75	37	37	36	36	36	36	35	35	35	35
30.00	37	37	37	36	36	36	36	35	35	35
30.25	37	37	37	37	36	36	36	36	36	35
30.50	38	38	37	37	37	37	36	36	36	36
30.75	38	38	38	37	37	37	37	36	36	36
31.00	38	38	38	38	37	37	37	37	37	36
31.25	39	39	38	38	38	38	37	37	37	37
31.50	39	39	39	38	38	38	38	37	37	37
31.75	39	39	39	39	38	38	38	38	37	37
32.00	40	39	39	39	39	38	38	38	38	38
32.25	40	40	40	40	39	39	39	38	38	38
32.50	40	40	40	40	39	39	39	39	38	38
32.75	41	40	40	40	40	39	39	39	39	38
33.00	41	41	40	40	40	40	39	39	39	39
33.25	41	41	41	41	40	40	40	40	39	39
33.50	42	41	41	41	41	40	40	40	40	39
33.75	42	42	41	41	41	41	40	40	40	40
34.00	42	42	42	41	41	41	41	40	40	40
34.25	42	42	42	42	41	41	41	41	40	40
34.50	43	42	42	42	42	42	41	41	41	41
34.75	43	43	43	42	42	42	42	41	41	41
35.00	43	43	43	43	42	42	42	42	41	41
35.25	44	43	43	43	43	42	42	42	42	41

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	1	1	0	0	0	0	0	0	0	0
12.25	2	2	2	1	1	0	0	0	0	0
12.50	3	2	2	2	2	2	1	1	1	0
12.75	3	3	3	3	3	2	2	2	2	2
13.00	4	4	4	3	3	3	3	3	2	2
13.25	5	4	4	4	4	4	3	3	3	3
13.50	5	5	5	5	4	4	4	4	4	4
13.75	6	6	5	5	5	5	5	5	4	4
14.00	7	6	6	6	6	6	5	5	5	5
14.25	7	7	7	7	6	6	6	6	6	5
14.50	8	8	7	7	7	7	7	6	6	6
14.75	8	8	8	8	8	7	7	7	7	7
15.00	9	9	9	8	8	8	8	8	7	7
15.25	10	9	9	9	9	9	8	8	8	8
15.50	10	10	10	9	9	9	9	9	9	8
15.75	11	10	10	10	10	10	9	9	9	9
16.00	11	11	11	11	10	10	10	10	10	9
16.25	12	12	11	11	11	11	11	10	10	10
16.50	12	12	12	12	12	11	11	11	11	11
16.75	13	13	12	12	12	12	12	11	11	11
17.00	13	13	13	13	13	12	12	12	12	12
17.25	14	14	14	13	13	13	13	13	12	12
17.50	14	14	14	14	14	13	13	13	13	13
17.75	15	15	15	14	14	14	14	14	13	13

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
18.00	15	15	15	15	15	14	14	14	14	14
18.25	16	16	16	15	15	15	15	15	14	14
18.50	16	16	16	16	16	15	15	15	15	15
18.75	17	17	17	16	16	16	16	16	15	15
19.00	17	17	17	17	17	16	16	16	16	16
19.25	18	18	17	17	17	17	17	16	16	16
19.50	48	18	18	18	18	17	17	17	17	17
19.75	19	19	18	18	18	18	18	17	17	17
20.00	19	19	19	19	18	18	18	18	18	17
20.25	20	20	19	19	19	19	19	18	18	18
20.50	20	20	20	20	19	19	19	19	19	18
20.75	21	20	20	20	20	20	19	19	19	19
21.00	21	21	21	20	20	20	20	20	19	19
21.25	22	21	21	21	21	21	20	20	20	20
21.50	22	22	22	21	21	21	21	21	20	20
21.75	22	22	22	22	22	21	21	21	21	21
22.00	23	23	22	22	22	22	22	21	21	21
22.25	23	23	23	23	22	22	22	22	22	21
22.50	24	23	23	23	23	23	22	22	22	22
22.75	24	24	24	23	23	23	23	23	22	22
23.00	25	24	24	24	24	23	23	23	23	23
23.25	25	25	25	24	24	24	24	23	23	23
23.50	25	25	25	25	24	24	24	24	24	23
23.75	26	26	25	25	25	25	24	24	24	24
24.00	26	26	26	25	25	25	25	25	24	24
24.25	27	26	26	26	26	25	25	25	25	25
24.50	27	27	26	26	26	26	26	25	25	25
24.75	27	27	27	27	26	26	26	26	26	25

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
25.00	28	27	27	27	27	27	26	26	26	26
25.25	28	28	28	27	27	27	27	27	26	26
25.50	28	28	28	28	28	27	27	27	27	27
25.75	29	29	28	28	28	28	28	27	27	27
26.00	29	29	29	29	28	28	28	28	27	27
26.25	30	29	29	29	29	28	28	28	28	28
26.50	30	30	29	29	29	29	29	28	28	28
26.75	30	30	30	30	29	29	29	29	29	28
27.00	31	30	30	30	30	30	29	29	29	29
27.25	31	31	31	30	30	30	30	29	29	29
27.50	31	31	31	31	30	30	30	30	30	29
27.75	32	31	31	31	31	31	30	30	30	30
28.00	32	32	32	31	31	31	31	31	30	30
28.25	32	32	32	32	32	31	31	31	31	30
28.50	33	33	32	32	32	32	31	31	31	31
28.75	33	33	33	32	32	32	32	32	31	31
29.00	33	33	33	33	33	32	32	32	32	31
29.25	34	34	33	33	33	33	32	32	32	32
29.50	34	34	34	33	33	33	33	33	32	32
29.75	34	34	34	34	34	33	33	33	33	32
30.00	35	35	34	34	34	34	33	33	33	33
30.25	35	35	35	34	34	34	34	34	33	33
30.50	35	35	35	35	35	34	34	34	34	33
30.75	36	36	35	35	35	35	34	34	34	34
31.00	36	36	36	35	35	35	35	34	34	34
31.25	36	36	36	36	35	35	35	35	35	34
31.50	37	36	36	36	36	36	35	35	35	35
31.75	37	37	37	36	36	36	36	35	35	35

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
32.00	37	37	37	37	36	36	36	36	36	35
32.25	38	37	37	37	37	36	36	36	36	36
32.50	38	38	37	37	37	37	37	36	36	36
32.75	38	38	38	38	37	37	37	37	36	36
33.00	39	38	38	38	38	37	37	37	37	37
33.25	39	39	38	38	38	38	37	37	37	37
33.50	39	39	39	38	38	38	38	38	37	37
33.75	39	39	39	39	39	38	38	38	38	37
34.00	40	39	39	39	39	39	38	38	38	38
34.25	40	40	40	39	39	39	39	38	38	38
34.50	40	40	40	40	39	39	39	39	39	38
34.75	41	40	40	40	40	39	39	39	39	39
35.00	41	41	40	40	40	40	40	39	39	39
35.25	41	41	41	40	40	40	40	40	39	39
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	0	0	0	0	0	0	0	0	0	0
12.25	0	0	0	0	0	0	0	0	0	0
12.50	0	0	0	0	0	0	0	0	0	0
12.75	1	1	1	0	0	0	0	0	0	0
13.00	2	2	2	1	1	1	0	0	0	0
13.25	3	3	2	2	2	2	2	1	1	1
13.50	3	3	3	3	3	2	2	2	2	2
13.75	4	4	4	3	3	3	3	3	3	2
14.00	5	4	4	4	4	4	3	3	3	3
14.25	5	5	5	5	4	4	4	4	4	4
14.50	6	6	5	5	5	5	5	5	4	4
14.75	6	6	6	6	6	5	5	5	5	5

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
15.00	7	7	7	6	6	6	6	6	6	5
15.25	8	7	7	7	7	7	6	6	6	6
15.50	8	8	8	8	7	7	7	7	7	6
15.75	9	9	8	8	8	8	8	7	7	7
16.00	9	9	9	9	8	8	8	8	8	8
16.25	10	10	9	9	9	9	9	8	8	8
16.50	10	10	10	10	10	9	9	9	9	9
16.75	11	11	10	10	10	10	10	10	9	9
17.00	11	11	11	11	11	10	10	10	10	10
17.25	12	12	12	11	11	11	11	11	10	10
17.50	12	12	12	12	12	11	11	11	11	11
17.75	13	13	13	12	12	12	12	12	11	11
18.00	13	13	13	13	13	12	12	12	12	12
18.25	14	14	14	13	13	13	13	13	12	12
18.50	14	14	14	14	14	13	13	13	13	13
18.75	15	15	15	14	14	14	14	14	13	13
19.00	15	15	15	15	15	14	14	14	14	14
19.25	16	16	15	15	15	15	15	15	14	14
19.50	16	16	16	16	16	15	15	15	15	15
19.75	17	17	16	16	16	16	16	15	15	15
20.00	17	17	17	17	16	16	16	16	16	16
20.25	18	18	17	17	17	17	17	16	16	16
20.50	18	18	18	18	17	17	17	17	17	16
20.75	19	18	18	18	18	18	17	17	17	17
21.00	19	19	19	18	18	18	18	18	18	17
21.25	19	19	19	19	19	19	18	18	18	18
21.50	20	20	20	19	19	19	19	19	18	18
21.75	20	20	20	20	20	19	19	19	19	19

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
22.00	21	21	20	20	20	20	20	19	19	19
22.25	21	21	21	21	20	20	20	20	20	19
22.50	22	21	21	21	21	21	20	20	20	20
22.75	22	22	22	21	21	21	21	21	20	20
23.00	22	22	22	22	22	21	21	21	21	21
23.25	23	23	22	22	22	22	22	21	21	21
23.50	23	23	23	23	22	22	22	22	22	21
23.75	24	23	23	23	23	23	22	22	22	22
24.00	24	24	24	23	23	23	23	23	22	22
24.25	24	24	24	24	24	23	23	23	23	23
24.50	25	25	24	24	24	24	24	23	23	23
24.75	25	25	25	25	24	24	24	24	24	23
25.00	26	25	25	25	25	25	24	24	24	24
25.25	26	26	26	25	25	25	25	25	24	24
25.50	26	26	26	26	26	25	25	25	25	25
25.75	27	26	26	26	26	26	25	25	25	25
26.00	27	27	27	26	26	26	26	26	25	25
26.25	27	27	27	2 7	27	26	26	26	26	26
26.50	28	28	27	27	27	27	27	26	26	26
26.75	28	28	28	28	27	27	27	27	27	26
27.00	28	28	28	28	28	27	27	27	27	27
27.25	29	29	28	28	28	28	28	27	27	27
27.50	29	29	29	29	28	28	28	28	28	27
27.75	30	29	29	29	29	28	28	28	28	28
28.00	30	30	29	29	29	29	29	28	28	28
28.25	30	30	30	30	29	29	29	29	29	28
28.50	31	30	30	30	30	30	29	29	29	29
28.75	31	31	30	30	30	30	30	29	29	29

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
29.00	31	31	31	31	30	30	30	30	30	29
29.25	32	31	31	31	31	31	30	30	30	30
29.50	32	32	31	31	31	31	31	30	30	30
29.75	32	32	32	32	31	31	31	31	31	30
30.00	33	32	32	32	32	32	31	31	31	31
30.25	33	33	32	32	32	32	32	31	31	31
30.50	33	33	33	33	32	32	32	32	32	31
30.75	34	33	33	33	33	32	32	32	32	32
31.00	34	34	33	33	33	33	33	32	32	32
31.25	34	34	34	34	33	33	33	33	33	32
31.50	34	34	34	34	34	33	33	33	33	33
31.75	35	35	34	34	34	34	34	33	33	33
32.00	35	35	35	34	34	34	34	34	33	33
32.25	35	35	35	35	35	34	34	34	34	34
32.50	36	35	35	35	35	35	34	34	34	34
32.75	36	36	36	35	35	35	35	35	34	34
33.00	36	36	36	36	35	35	35	35	35	34
33.25	37	36	36	36	36	36	35	35	35	35
33.50	37	37	36	36	36	36	36	35	35	35
33.75	37	37	37	37	36	36	36	36	36	35
34.00	37	37	37	37	37	36	36	36	36	36
34.25	38	38	37	37	37	37	37	36	36	36
34.50	38	38	38	37	37	37	37	37	36	36
34.75	38	38	38	38	38	37	37	37	37	36
35.00	39	38	38	38	38	38	37	37	37	37
35.25	39	39	39	38	38	38	38	37	37	37
35.50	39	39	39	39	38	38	38	38	38	37
35.75	40	39	39	39	39	38	38	38	38	38

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
36.00	40	40	39	39	39	39	39	38	38	38
36.25	40	40	40	39	39	39	39	39	38	38
36.50	40	40	40	40	39	39	39	39	39	38
36.75	41	40	40	40	40	40	39	39	39	39
37.00	41	41	40	40	40	40	40	39	39	39
37.25	41	41	41	41	41	40	40	40	39	39
37.50	41	41	41	41	41	41	40	40	40	40
37.75	42	41	41	41	41	41	40	40	40	40
38.00	42	42	42	41	41	41	41	40	40	40
38.25	42	42	42	42	41	41	41	41	41	40
38.50	42	42	42	42	42	42	41	41	41	41
38.75	43	43	42	42	42	42	41	41	41	41

Attachment 5

BODY FAT PERCENT TABLES FOR FEMALES

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	1	0	0	0	0	0	0	0	0	0
35.00	2	1	0	0	0	0	0	0	0	0
35.25	2	2	1	1	0	0	0	0	0	0
35.50	3	2	2	2	1	0	0	0	0	0
35.75	3	3	2	2	2	1	0	0	0	0
36.00	4	3	3	3	2	2	1	1	0	0
36.25	4	4	3	3	3	2	2	2	1	0
36.50	5	4	4	4	3	3	2	2	2	1
36.75	5	5	4	4	4	3	3	3	2	2
37.00	6	5	5	4	4	4	3	3	3	2
37.25	6	6	5	5	5	4	4	3	3	3
37.50	7	6	6	5	5	5	4	4	4	3
37.75	7	7	6	6	6	5	5	4	4	4
38.00	7	7	7	6	6	6	5	5	5	4
38.25	8	8	7	7	6	6	6	5	5	5
38.50	8	8	8	7	7	7	6	6	5	5
38.75	9	8	8	8	7	7	7	6	6	6
39.00	9	9	9	8	8	7	7	7	6	6
39.25	10	9	9	9	8	8	8	7	7	6
39.50	10	10	9	9	9	8	8	8	7	7
39.75	11	10	10	9	9	9	8	8	8	7
40.00	11	11	10	10	10	9	9	8	8	8
40.25	11	11	11	10	10	10	9	9	9	8
40.50	12	12	11	11	10	10	10	9	9	9
40.75	12	12	12	11	11	11	10	10	9	9

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
41.00	13	12	12	12	11	11	11	10	10	10
41.25	13	13	12	12	12	11	11	11	10	10
41.50	14	13	13	13	12	12	11	11	11	10
41.75	14	14	13	13	13	12	12	11	11	11
42.00	14	14	14	13	13	13	12	12	12	11
42.25	15	15	14	14	13	13	13	12	12	12
42.50	15	15	15	14	14	13	13	13	12	12
42.75	16	15	15	15	14	14	13	13	13	12
43.00	16	16	15	15	15	14	14	14	13	13
43.25	17	16	16	15	15	15	14	14	14	13
43.50	17	17	16	16	15	15	15	14	14	14
43.75	17	17	17	16	16	15	15	15	14	14
44.00	18	17	17	17	16	16	16	15	15	14
44.25	18	18	17	17	17	16	16	16	15	15
44.50	19	18	18	17	17	17	16	16	16	15
44.75	19	19	18	18	17	17	17	16	16	16
45.00	19	19	19	18	18	17	17	17	16	16
45.25	20	19	19	19	18	18	17	17	17	16
45.50	20	20	19	19	19	18	18	18	17	17
45.75	20	20	20	19	19	19	18	18	18	17
46.00	21	20	20	20	19	19	19	18	18	18
46.25	21	21	20	20	20	19	19	19	18	18
46.50	22	21	21	20	20	20	19	19	19	18
46.75	22	22	21	21	20	20	20	19	19	19
47.00	22	22	22	21	21	20	20	20	19	19
47.25	23	22	22	22	21	21	21	20	20	19
47.50	23	23	22	22	22	21	21	21	20	20
47.75	23	23	23	22	22	22	21	21	21	20

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
48.00	24	23	23	23	22	22	22	21	21	21
48.25	24	24	23	23	23	22	22	22	21	21
48.50	25	24	24	23	23	23	22	22	22	21
48.75	25	25	24	24	23	23	23	22	22	22
49.00	25	25	25	24	24	23	23	23	22	22
49.25	26	25	25	25	24	24	23	23	23	22
49.50	26	26	25	25	24	24	24	23	23	23
49.75	26	26	26	25	25	24	24	24	23	23
50.00	27	26	26	26	25	25	24	24	24	23
50.25	27	27	26	26	26	25	25	24	24	24
50.50	27	27	27	26	26	26	25	25	24	24
50.75	28	27	27	27	26	26	26	25	25	24
51.00	28	28	27	27	27	26	26	25	25	25
51.25	28	28	28	27	27	27	26	26	25	25
51.50	29	28	28	28	27	27	27	26	26	25
51.75	29	29	28	28	28	27	27	27	26	26
52.00	29	29	29	28	28	28	27	27	27	26
52.25	30	29	29	29	28	28	28	27	27	26
52.50	30	30	29	29	29	28	28	28	27	27
52.75	30	30	30	29	29	29	28	28	28	27
53.00	31	30	30	30	29	29	29	28	28	27
53.25	31	31	30	30	30	29	29	29	28	28
53.50	31	31	31	30	30	30	29	29	28	28
53.75	32	31	31	31	30	30	30	29	29	28
54.00	32	32	31	31	31	30	30	30	29	29
54.25	32	32	32	31	31	31	30	30	29	29
54.50	33	32	32	32	31	31	31	30	30	29
54.75	33	33	32	32	32	31	31	30	30	30

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
55.00	33	33	33	32	32	32	31	31	30	30
55.25	34	33	33	33	32	32	31	31	31	30
55.50	34	34	33	33	33	32	32	31	31	31
55.75	34	34	34	33	33	32	32	32	31	31
56.00	35	34	34	33	33	33	32	32	32	31
56.25	35	35	34	34	33	33	33	32	32	32
56.50	35	35	34	34	34	33	33	33	32	32
56.75	36	35	35	34	34	34	33	33	33	32
57.00	36	35	35	35	34	34	34	33	33	33
57.25	36	36	35	35	35	34	34	34	33	33
57.50	36	36	36	35	35	35	34	34	34	33
57.75	37	36	36	36	35	35	35	34	34	33
58.00	37	37	36	36	36	35	35	35	34	34
58.25	37	37	37	36	36	36	35	35	34	34
58.50	38	37	37	37	36	36	35	35	35	34
58.75	38	38	37	37	36	36	36	35	35	35
59.00	38	38	38	37	37	36	36	36	35	35
59.25	39	38	38	37	37	37	36	36	36	35
59.50	39	38	38	38	37	37	37	36	36	36
59.75	39	39	38	38	38	37	37	37	36	36
60.00	39	39	39	38	38	38	37	37	37	36
60.25	40	39	39	39	38	38	38	37	37	36
60.50	40	40	39	39	39	38	38	37	37	37
60.75	40	40	40	39	39	38	38	38	37	37
61.00	41	40	40	39	39	39	38	38	38	37
61.25	41	41	40	40	39	39	39	38	38	38
61.50	41	41	40	40	40	39	39	39	38	38
61.75	41	41	41	40	40	40	39	39	39	38

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
62.00	42	41	41	41	40	40	40	39	39	38
62.25	42	42	41	41	41	40	40	39	39	39
62.50	42	42	42	41	41	40	40	40	39	39
62.75	43	42	42	41	41	41	40	40	40	39
63.00	43	42	42	42	41	41	41	40	40	40
63.25	43	43	42	42	42	41	41	41	40	40
63.50	43	43	43	42	42	42	41	41	40	40
63.75	44	43	43	43	42	42	41	41	41	40
64.00	44	44	43	43	42	42	42	41	41	41
64.25	44	44	43	43	43	42	42	42	41	41
64.50	45	44	44	43	43	43	42	42	42	41
64.75	45	44	44	44	43	43	43	42	42	42
65.00	45	45	44	44	44	43	43	42	42	42
65.25	45	45	45	44	44	43	43	43	42	42
65.50	46	45	45	44	44	44	43	43	43	42
65.75	46	45	45	45	44	44	44	43	43	43
66.00	46	46	45	45	45	44	44	44	43	43
66.25	46	46	46	45	45	45	44	44	43	43
66.50	47	46	46	46	45	45	44	44	44	43
66.75	47	47	46	46	45	45	45	44	44	44
67.00	47	47	46	46	46	45	45	45	44	44
67.25	47	47	47	46	46	46	45	45	45	44
67.50	48	47	47	47	46	46	45	45	45	44
67.75	48	48	47	47	46	46	46	45	45	45
68.00	48	48	47	47	47	46	46	46	45	45
68.25	48	48	48	47	47	47	46	46	46	45
68.50	49	48	48	48	47	47	47	46	46	45
68.75	49	49	48	48	47	47	47	46	46	46

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
69.00	49	49	48	48	48	47	47	47	46	46
69.25	49	49	49	48	48	48	47	47	47	46
69.50	50	49	49	49	48	48	48	47	47	46
69.75	50	50	49	49	49	48	48	47	47	47
70.00	50	50	49	49	49	48	48	48	47	47
70.25	50	50	50	49	49	49	48	48	48	47
70.50	51	50	50	50	49	49	49	48	48	47
70.75	51	51	50	50	50	49	49	48	48	48
71.00	51	51	50	50	50	49	49	49	48	48
71.25	51	51	51	50	50	50	49	49	49	48
71.50	52	51	51	51	50	50	50	49	49	48
71.75	52	52	51	51	50	50	50	49	49	49
72.00	52	52	51	51	51	50	50	50	49	49
72.25	52	52	52	51	51	51	50	50	50	49
72.50	53	52	52	52	51	51	50	50	50	49
72.75	53	53	52	52	51	51	51	50	50	50
73.00	53	53	52	52	52	51	51	51	50	50
73.25	53	53	53	52	52	52	51	51	51	50
73.50	54	53	53	53	52	52	51	51	51	50
73.75	54	54	53	53	52	52	52	51	51	51
74.00	54	54	53	53	53	52	52	52	51	51
74.25	54	54	54	53	53	53	52	52	51	51
74.50	55	54	54	53	53	53	52	52	52	51
74.75	55	54	54	54	53	53	53	52	52	52
75.00	55	55	54	54	54	53	53	53	52	52
75.25	55	55	55	54	54	53	53	53	52	52
75.50	56	55	55	54	54	54	53	53	53	52
75.75	56	55	55	55	54	54	54	53	53	53

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	1	0	0	0	0	0	0	0	0	0
36.75	1	1	0	0	0	0	0	0	0	0
37.00	2	2	1	0	0	0	0	0	0	0
37.25	2	2	2	1	1	0	0	0	0	0
37.50	3	3	2	2	2	1	0	0	0	0
37.75	3	3	3	2	2	2	1	1	0	0
38.00	4	3	3	3	2	2	2	1	1	0
38.25	4	4	4	3	3	3	2	2	2	1
38.50	5	4	4	4	3	3	3	2	2	2
38.75	5	5	5	4	4	3	3	3	3	2
39.00	6	5	5	5	4	4	4	3	3	3
39.25	6	6	5	5	5	4	4	4	3	3
39.50	7	6	6	6	5	5	5	4	4	4
39.75	7	7	6	6	6	5	5	5	4	4
40.00	7	7	7	6	6	6	5	5	5	4
40.25	8	8	7	7	6	6	6	5	5	5
40.50	8	8	8	7	7	7	6	6	6	5
40.75	9	8	8	8	7	7	7	6	6	6
41.00	9	9	8	8	8	7	7	7	6	6
41.25	10	9	9	9	8	8	8	7	7	7
41.50	10	10	9	9	9	8	8	8	7	7
41.75	10	10	10	9	9	9	8	8	8	7

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
42.00	11	10	10	10	9	9	9	8	8	8
42.25	11	11	11	10	10	10	9	9	9	8
42.50	12	11	11	11	10	10	10	9	9	9
42.75	12	12	11	11	11	10	10	10	9	9
43.00	12	12	12	11	11	11	10	10	10	9
43.25	13	13	12	12	12	11	11	11	10	10
43.50	13	13	13	12	12	12	11	11	11	10
43.75	14	13	13	13	12	12	12	11	11	11
44.00	14	14	13	13	13	12	12	12	11	11
44.25	14	14	14	13	13	13	12	12	12	11
44.50	15	15	14	14	14	13	13	13	12	12
44.75	15	15	15	14	14	14	13	13	13	12
45.00	16	15	15	15	14	14	14	13	13	13
45.25	16	16	15	15	15	14	14	14	13	13
45.50	16	16	16	15	15	15	14	14	14	13
45.75	17	16	16	16	15	15	15	14	14	14
46.00	17	17	17	16	16	16	15	15	15	14
46.25	18	17	17	17	16	16	16	15	15	15
46.50	18	18	17	17	17	16	16	16	15	15
46.75	18	18	18	17	17	17	16	16	16	15
47.00	19	18	18	18	17	17	17	16	16	16
47.25	19	19	18	18	18	17	17	17	16	16
47.50	19	19	19	18	18	18	17	17	17	16
47.75	20	19	19	19	18	18	18	17	17	17
48.00	20	20	20	19	19	18	18	18	18	17
48.25	21	20	20	20	19	19	19	18	18	18
48.50	21	21	20	20	20	19	19	19	18	18
48.75	21	21	21	20	20	20	19	19	19	18

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
49.00	22	21	21	21	20	20	20	19	19	19
49.25	22	22	21	21	21	20	20	20	19	19
49.50	22	22	22	21	21	21	20	20	20	19
49.75	23	22	22	22	21	21	21	20	20	20
50.00	23	23	22	22	22	21	21	21	20	20
50.25	23	23	23	22	22	22	21	21	21	20
50.50	24	23	23	23	22	22	22	21	21	21
50.75	24	24	23	23	23	22	22	22	21	21
51.00	24	24	24	23	23	23	22	22	22	21
51.25	25	24	24	24	23	23	23	22	22	22
51.50	25	25	24	24	24	23	23	23	22	22
51.75	25	25	25	24	24	24	23	23	23	22
52.00	26	25	25	25	24	24	24	23	23	23
52.25	26	26	25	25	25	24	24	24	23	23
52.50	26	26	26	25	25	25	24	24	24	23
52.75	27	26	26	26	25	25	25	24	24	24
53.00	27	27	26	26	26	25	25	25	24	24
53.25	27	27	27	26	26	26	25	25	25	24
53.50	28	27	27	27	26	26	26	25	25	25
53.75	28	28	27	27	27	26	26	26	25	25
54.00	28	28	28	27	27	27	26	26	26	25
54.25	29	28	28	28	27	27	27	26	26	26
54.50	29	29	28	28	28	27	27	27	26	26
54.75	29	29	29	28	28	28	27	27	27	26
55.00	30	29	29	29	28	28	28	27	27	27
55.25	30	30	29	29	29	28	28	28	27	27
55.50	30	30	30	29	29	29	28	28	28	27
55.75	31	30	30	30	29	29	29	28	28	28

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
56.00	31	31	30	30	30	29	29	29	28	28
56.25	31	31	31	30	30	30	29	29	29	28
56.50	32	31	31	31	30	30	30	29	29	29
56.75	32	32	31	31	31	30	30	30	29	29
57.00	32	32	32	31	31	31	30	30	30	29
57.25	33	32	32	32	31	31	31	30	30	30
57.50	33	32	32	32	31	31	31	30	30	30
57.75	33	33	32	32	32	31	31	31	30	30
58.00	33	33	33	32	32	32	31	31	31	30
58.25	34	33	33	33	32	32	32	31	31	31
58.50	34	34	33	33	33	32	32	32	31	31
58.75	34	34	34	33	33	33	32	32	32	31
59.00	35	34	34	34	33	33	33	32	32	32
59.25	35	35	34	34	34	33	33	33	32	32
59.50	35	35	35	34	34	34	33	33	33	32
59.75	36	35	35	35	34	34	33	33	33	33
60.00	36	35	35	35	34	34	34	33	33	33
60.25	36	36	35	35	35	34	34	34	33	33
60.50	36	36	36	35	35	35	34	34	34	33
60.75	37	36	36	36	35	35	35	34	34	34
61.00	37	37	36	36	36	35	35	35	34	34
61.25	37	37	37	36	36	36	35	35	35	34
61.50	38	37	37	37	36	36	36	35	35	35
61.75	38	37	37	37	36	36	36	35	35	35
62.00	38	38	37	37	37	36	36	36	35	35
62.25	38	38	38	37	37	37	36	36	36	35
62.50	39	38	38	38	37	37	37	36	36	36
62.75	39	39	38	38	38	37	37	37	36	36

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
63.00	39	39	39	38	38	38	37	37	37	36
63.25	40	39	39	38	38	38	37	37	37	37
63.50	40	39	39	39	38	38	38	37	37	37
63.75	40	40	39	39	39	38	38	38	37	37
64.00	40	40	40	39	39	39	38	38	38	37
64.25	41	40	40	40	39	39	39	38	38	38
64.50	41	41	40	40	40	39	39	39	38	38
64.75	41	41	40	40	40	39	39	39	38	38
65.00	41	41	41	40	40	40	39	39	39	38
65.25	42	41	41	41	40	40	40	39	39	39
65.50	42	42	41	41	41	40	40	40	39	39
65.75	42	42	42	41	41	41	40	40	40	39
66.00	43	42	42	41	41	41	40	40	40	39
66.25	43	42	42	42	41	41	41	40	40	40
66.50	43	43	42	42	42	41	41	41	40	40
66.75	43	43	43	42	42	42	41	41	41	40
67.00	44	43	43	43	42	42	42	41	41	41
67.25	44	43	43	43	42	42	42	41	41	41
67.50	44	44	43	43	43	42	42	42	41	41
67.75	44	44	44	43	43	43	42	42	42	41
68.00	45	44	44	44	43	43	43	42	42	42
68.25	45	45	44	44	43	43	43	42	42	42
68.50	45	45	44	44	44	43	43	43	42	42
68.75	45	45	45	44	44	44	43	43	43	42
69.00	46	45	45	45	44	44	44	43	43	43
69.25	46	46	45	45	44	44	44	44	4 3	43
69.50	46	46	45	45	45	44	44	44	43	43
69.75	46	46	46	45	45	45	44	44	44	43

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
70.00	47	46	46	46	45	45	45	44	44	44
70.25	47	47	46	46	46	45	45	45	44	44
70.50	47	47	46	46	46	45	45	45	44	44
70.75	47	47	47	46	46	46	45	45	45	44
71.00	48	47	47	47	46	46	46	45	45	45
71.25	48	48	47	47	46	46	46	45	45	45
71.50	48	48	47	47	47	46	46	46	45	45
71.75	48	48	48	47	47	47	46	46	46	45
72.00	49	48	48	48	47	47	47	46	46	46
72.25	49	48	48	48	47	47	47	46	46	46
72.50	49	49	48	48	48	47	47	47	46	46
72.75	49	49	49	48	48	48	47	47	47	46
73.00	50	49	49	49	48	48	48	47	47	47
73.25	50	49	49	49	48	48	48	47	47	47
73.50	50	50	49	49	49	48	48	48	47	47
73.75	50	50	50	49	49	49	48	48	48	47
74.00	51	50	50	49	49	49	48	48	48	47
74.25	51	50	50	50	49	49	49	48	48	48
74.50	51	51	50	50	50	49	49	49	48	48
74.75	51	51	51	50	50	50	49	49	49	48
75.00	51	51	51	50	50	50	49	49	49	48
75.25	52	51	51	51	50	50	50	49	49	49
75.50	52	52	51	51	51	50	50	50	49	49
75.75	52	52	51	51	51	50	50	50	49	49

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	1	1	0	0	0	0	0	0	0	0
38.75	2	2	1	0	0	0	0	0	0	0
39.00	2	2	2	1	1	0	0	0	0	0
39.25	3	2	2	2	1	1	0	0	0	0
39.50	3	3	3	2	2	2	1	1	0	0
39.75	4	3	3	3	2	2	2	1	1	0
40.00	4	4	3	3	3	3	2	2	2	1
40.25	5	4	4	4	3	3	3	2	2	2
40.50	5	5	4	4	4	3	3	3	2	2
40.75	5	5	5	4	4	4	3	3	3	3
41.00	6	5	5	5	5	4	4	4	3	3
41.25	6	6	6	5	5	5	4	4	4	3
41.50	7	6	6	6	5	5	5	4	4	4
41.75	7	7	6	6	6	6	5	5	5	4

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
42.00	8	7	7	7	6	6	6	5	5	5
42.25	8	8	7	7	7	6	6	6	5	5
42.50	8	8	8	7	7	7	6	6	6	6
42.75	9	8	8	8	7	7	7	7	6	6
43.00	9	9	9	8	8	8	7	7	7	6
43.25	10	9	9	9	8	8	8	7	7	7
43.50	10	10	9	9	9	8	8	8	7	7
43.75	10	10	10	9	9	9	8	8	8	8
44.00	11	10	10	10	9	9	9	9	8	8
44.25	11	11	11	10	10	10	9	9	9	8
44.50	12	11	11	11	10	10	10	9	9	9
44.75	12	12	11	11	11	10	10	10	9	9
45.00	12	12	12	11	11	11	10	10	10	10
45.25	13	12	12	12	11	11	11	11	10	10
45.50	13	13	12	12	12	12	11	11	11	10
45.75	13	13	13	13	12	12	12	11	11	11
46.00	14	14	13	13	13	12	12	12	11	11
46.25	14	14	14	13	13	13	12	12	12	11
46.50	15	14	14	14	13	13	13	12	12	12
46.75	15	15	14	14	14	13	13	13	13	12
47.00	15	15	15	14	14	14	13	13	13	13
47.25	16	15	15	15	14	14	14	14	13	13
47.50	16	16	15	15	15	15	14	14	14	13
47.75	16	16	16	16	15	15	15	14	14	14
48.00	17	17	16	16	16	15	15	15	14	14
48.25	17	17	17	16	16	16	15	15	15	14
48.50	18	17	17	17	16	16	16	15	15	15
48.75	18	18	17	17	17	16	16	16	15	15

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
49.00	18	18	18	17	17	17	16	16	16	15
49.25	19	18	18	18	17	17	17	16	16	16
49.50	19	19	18	18	18	17	17	17	17	16
49.75	19	19	19	18	18	18	17	17	17	17
50.00	20	19	19	19	18	18	18	18	17	17
50.25	20	20	19	19	19	18	18	18	18	17
50.50	20	20	20	19	19	19	19	18	18	18
50.75	21	20	20	20	19	19	19	19	18	18
51.00	21	21	20	20	20	20	19	19	19	18
51.25	21	21	21	20	20	20	20	19	19	19
51.50	22	21	21	21	21	20	20	20	19	19
51.75	22	22	21	21	21	21	20	20	20	19
52.00	22	22	22	22	21	21	21	20	20	20
52.25	23	22	22	22	22	21	21	21	20	20
52.50	23	23	22	22	22	22	21	21	21	20
52.75	23	23	23	23	22	22	22	21	21	21
53.00	24	23	23	23	23	22	22	22	21	21
53.25	24	24	23	23	23	23	22	22	22	21
53.50	24	24	24	23	23	23	23	22	22	22
53.75	25	24	24	24	24	23	23	23	22	22
54.00	25	25	24	24	24	24	23	23	23	22
54.25	25	25	25	24	24	24	24	23	23	23
54.50	26	25	25	25	24	24	24	24	23	23
54.75	26	26	25	25	25	24	24	24	24	23
55.00	26	26	26	25	25	25	24	24	24	24
55.25	27	26	26	26	25	25	25	25	24	24
55.50	27	27	26	26	26	25	25	25	25	24
55.75	27	27	27	26	26	26	25	25	25	25

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
56.00	28	27	27	27	26	26	26	25	25	25
56.25	28	28	27	27	27	26	26	26	25	25
56.50	28	28	28	27	27	27	26	26	26	25
56.75	29	28	28	28	27	27	27	26	26	26
57.00	29	29	28	28	28	27	27	27	26	26
57.25	29	29	29	28	28	28	27	27	27	26
57.50	30	29	29	29	28	28	28	27	27	27
57.75	30	29	29	29	29	28	28	28	27	27
58.00	30	30	29	29	29	29	28	28	28	27
58.25	30	30	30	29	29	29	29	28	28	28
58.50	31	30	30	30	29	29	29	29	28	28
58.75	31	31	30	30	30	29	29	29	29	28
59.00	31	31	31	30	30	30	29	29	29	28
59.25	32	31	31	31	30	30	30	29	29	29
59.50	32	32	31	31	31	30	30	30	29	29
59.75	32	32	32	31	31	31	30	30	30	29
60.00	32	32	32	32	31	31	31	30	30	30
60.25	33	32	32	32	32	31	31	31	30	30
60.50	33	33	32	32	32	31	31	31	31	30
60.75	33	33	33	32	32	32	31	31	31	31
61.00	34	33	33	33	32	32	32	31	31	31
61.25	34	34	33	33	33	32	32	32	31	31
61.50	34	34	34	33	33	33	32	32	32	31
61.75	34	34	34	34	33	33	33	32	32	32
62.00	35	34	34	34	34	33	33	33	32	32
62.25	35	35	34	34	34	33	33	33	33	32
62.50	35	35	35	34	34	34	33	33	33	33
62.75	36	35	35	35	34	34	34	33	33	33

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
63.00	36	36	35	35	35	34	34	34	33	33
63.25	36	36	36	35	35	35	34	34	34	33
63.50	36	36	36	35	35	35	35	34	34	34
63.75	37	36	36	36	35	35	35	35	34	34
64.00	37	37	36	36	36	35	35	35	35	34
64.25	37	37	37	36	36	36	35	35	35	34
64.50	38	37	37	37	36	36	36	35	35	35
64.75	38	37	37	37	37	36	36	36	35	35
65.00	38	38	37	37	37	37	36	36	36	35
65.25	38	38	38	37	37	37	36	36	36	36
65.50	39	38	38	38	37	37	37	36	36	36
65.75	39	39	38	38	38	37	37	37	36	36
66.00	39	39	39	38	38	38	37	37	37	36
66.25	39	39	39	38	38	38	38	37	37	37
66.50	40	39	39	39	38	38	38	37	37	37
66.75	40	40	39	39	39	38	38	38	37	37
67.00	40	40	40	39	39	39	38	38	38	37
67.25	40	40	40	40	39	39	39	38	38	38
67.50	41	40	40	40	39	39	39	39	38	38
67.75	41	41	40	40	40	39	39	39	38	38
68.00	41	41	41	40	40	40	39	39	39	38
68.25	42	41	41	41	40	40	40	39	39	39
68.50	42	41	41	41	40	40	40	40	39	39
68.75	42	42	41	41	41	40	40	40	40	39
69.00	42	42	42	41	41	41	40	40	40	39
69.25	43	42	42	42	41	41	41	40	40	40
69.50	43	42	42	42	42	41	41	41	40	40
69.75	43	43	42	42	42	41	41	41	41	40

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
70.00	43	43	43	42	42	42	41	41	41	40
70.25	44	43	43	43	42	42	42	41	41	41
70.50	44	43	43	43	43	42	42	42	41	41
70.75	44	44	43	43	43	42	42	42	42	41
71.00	44	44	44	43	43	43	42	42	42	41
71.25	45	44	44	44	43	43	43	42	42	42
71.50	45	44	44	44	43	43	43	43	42	42
71.75	45	45	44	44	44	43	43	43	43	42
72.00	45	45	45	44	44	44	43	43	43	42
72.25	45	45	45	45	44	44	44	43	43	43
72.50	46	45	45	45	44	44	44	44	43	43
72.75	46	46	45	45	45	44	44	44	43	43
73.00	46	46	46	45	45	45	44	44	44	43
73.25	46	46	46	46	45	45	45	44	44	44
73.50	47	46	46	46	45	45	45	44	44	44
73.75	47	47	46	46	46	45	45	45	44	44
74.00	47	47	47	46	46	46	45	45	45	44
74.25	47	47	47	46	46	46	46	45	45	45
74.50	48	47	47	47	46	46	46	45	45	45
74.75	48	48	47	47	47	46	46	46	45	45
75.00	48	48	47	47	47	47	46	46	46	45
75.25	48	48	48	47	47	47	46	46	46	46
75.50	49	48	48	48	47	47	47	46	46	46
75.75	49	48	48	48	48	47	47	47	46	46

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	0	0	0	0	0	0	0	0	0	0
38.75	0	0	0	0	0	0	0	0	0	0
39.00	0	0	0	0	0	0	0	0	0	0
39.25	0	0	0	0	0	0	0	0	0	0
39.50	0	0	0	0	0	0	0	0	0	0
39.75	0	0	0	0	0	0	0	0	0	0
40.00	0	0	0	0	0	0	0	0	0	0
40.25	1	1	0	0	0	0	0	0	0	0
40.50	2	2	1	0	0	0	0	0	0	0
40.75	2	2	2	1	1	0	0	0	0	0
41.00	3	2	2	2	2	1	0	0	0	0
41.25	3	3	3	2	2	2	1	1	0	0
41.50	4	3	3	3	2	2	2	2	1	0
41.75	4	4	3	3	3	3	2	2	2	1

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
42.00	4	4	4	4	3	3	3	2	2	2
42.25	5	5	4	4	4	3	3	3	2	2
42.50	5	5	5	4	4	4	3	3	3	3
42.75	6	5	5	5	4	4	4	4	3	3
43.00	6	6	5	5	5	5	4	4	4	3
43.25	6	6	6	6	5	5	5	4	4	4
43.50	7	7	6	6	6	5	5	5	5	4
43.75	7	7	7	6	6	6	5	5	5	5
44.00	8	7	7	7	6	6	6	6	5	5
44.25	8	8	7	7	7	7	6	6	6	5
44.50	8	8	8	8	7	7	7	6	6	6
44.75	9	9	8	8	8	7	7	7	7	6
45.00	9	9	9	8	8	8	7	7	7	7
45.25	10	9	9	9	8	8	8	8	7	7
45.50	10	10	9	9	9	9	8	8	8	7
45.75	10	10	10	9	9	9	9	8	8	8
46.00	11	10	10	10	10	9	9	9	8	8
46.25	11	11	11	10	10	10	9	9	9	9
46.50	12	11	11	11	10	10	10	9	9	9
46.75	12	12	11	11	11	10	10	10	10	9
47.00	12	12	12	11	11	11	11	10	10	10
47.25	13	12	12	12	11	11	11	11	10	10
47.50	13	13	12	12	12	12	11	11	11	10
47.75	13	13	13	12	12	12	12	11	11	11
48.00	14	13	13	13	13	12	12	12	11	11
48.25	14	14	14	13	13	13	12	12	12	11
48.50	14	14	14	14	13	13	13	12	12	12
48.75	15	15	14	14	14	13	13	13	12	12

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
49.00	15	15	15	14	14	14	13	13	13	13
49.25	16	15	15	15	14	14	14	13	13	13
49.50	16	16	15	15	15	14	14	14	14	13
49.75	16	16	16	15	15	15	14	14	14	14
50.00	17	16	16	16	15	15	15	15	14	14
50.25	17	17	16	16	16	15	15	15	15	14
50.50	17	17	17	16	16	16	16	15	15	15
50.75	18	17	17	17	16	16	16	16	15	15
51.00	18	18	17	17	17	17	16	16	16	15
51.25	18	18	18	17	17	17	17	16	16	16
51.50	19	18	18	18	17	17	17	17	16	16
51.75	19	19	18	18	18	18	17	17	17	16
52.00	19	19	19	18	18	18	18	17	17	17
52.25	20	19	19	19	19	18	18	18	17	17
52.50	20	20	19	19	19	19	18	18	18	17
52.75	20	20	20	19	19	19	19	18	18	18
53.00	21	20	20	20	20	19	19	19	18	18
53.25	21	21	20	20	20	20	19	19	19	18
53.50	21	21	21	20	20	20	20	19	19	19
53.75	22	21	21	21	20	20	20	20	19	19
54.00	22	22	21	21	21	21	20	20	20	19
54.25	22	22	22	21	21	21	21	20	20	20
54.50	23	22	22	22	21	21	21	21	20	20
54.75	23	23	22	22	22	21	21	21	21	20
55.00	23	23	23	22	22	22	22	21	21	21
55.25	24	23	23	23	22	22	22	22	21	21
55.50	24	24	23	23	23	22	22	22	22	21
55.75	24	24	24	23	23	23	22	22	22	22

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
56.00	25	24	24	24	23	23	23	22	22	22
56.25	25	25	24	24	24	23	23	23	23	22
56.50	25	25	25	24	24	24	23	23	23	23
56.75	25	25	25	25	24	24	24	23	23	23
57.00	26	25	25	25	25	24	24	24	23	23
57.25	26	26	25	25	25	25	24	24	24	23
57.50	26	26	26	26	25	25	25	24	24	24
57.75	27	26	26	26	26	25	25	25	24	24
58.00	27	27	26	26	26	26	25	25	25	24
58.25	27	27	27	26	26	26	26	25	25	25
58.50	28	27	27	27	26	26	26	26	25	25
58.75	28	28	27	27	27	26	26	26	26	25
59.00	28	28	28	27	27	27	26	26	26	26
59.25	28	28	28	28	27	27	27	26	26	26
59.50	29	28	28	28	28	27	27	27	26	26
59.75	29	29	28	28	28	28	27	27	27	26
60.00	29	29	29	28	28	28	28	27	27	27
60.25	30	29	29	29	28	28	28	28	27	27
60.50	30	30	29	29	29	28	28	28	28	27
60.75	30	30	30	29	29	29	28	28	28	28
61.00	31	30	30	30	29	29	29	28	28	28
61.25	31	31	30	30	30	29	29	29	28	28
61.50	31	31	31	30	30	30	29	29	29	28
61.75	31	31	31	30	30	30	30	29	29	29
62.00	32	31	31	31	30	30	30	30	29	29
62.25	32	32	31	31	31	30	30	30	30	29
62.50	32	32	32	31	31	31	30	30	30	30
62.75	33	32	32	32	31	31	31	30	30	30

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
63.00	33	32	32	32	32	31	31	31	30	30
63.25	33	33	32	32	32	32	31	31	31	30
63.50	33	33	33	32	32	32	32	31	31	31
63.75	34	33	33	33	32	32	32	32	31	31
64.00	34	34	33	33	33	32	32	32	32	31
64.25	34	34	34	33	33	33	32	32	32	32
64.50	34	34	34	34	33	33	33	32	32	32
64.75	35	34	34	34	34	33	33	33	32	32
65.00	35	35	34	34	34	34	33	33	33	32
65.25	35	35	35	34	34	34	33	33	33	33
65.50	36	35	35	35	34	34	34	33	33	33
65.75	36	35	35	35	35	34	34	34	33	33
66.00	36	36	35	35	35	35	34	34	34	33
66.25	36	36	36	35	35	35	35	34	34	34
66.50	37	36	36	36	35	35	35	35	34	34
66.75	37	37	36	36	36	35	35	35	35	34
67.00	37	37	37	36	36	36	35	35	35	34
67.25	37	37	37	36	36	36	36	35	35	35
67.50	38	37	37	37	36	36	36	36	35	35
67.75	38	38	37	37	37	36	36	36	36	35
68.00	38	38	38	37	37	37	36	36	36	36
68.25	38	38	38	38	37	37	37	36	36	36
68.50	39	38	38	38	37	37	37	37	36	36
68.75	39	39	38	38	38	37	37	37	37	36
69.00	39	39	39	38	38	38	37	37	37	37
69.25	39	39	39	39	38	38	38	37	37	37
69.50	40	39	39	39	38	38	38	38	37	37
69.75	40	40	39	39	39	38	38	38	38	37

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
70.00	40	40	40	39	39	39	38	38	38	38
70.25	40	40	40	40	39	39	39	38	38	38
70.50	41	40	40	40	39	39	39	39	38	38
70.75	41	41	40	40	40	39	39	39	39	38
71.00	41	41	41	40	40	40	39	39	39	39
71.25	41	41	41	41	40	40	40	39	39	39
71.50	42	41	41	41	40	40	40	40	39	39
71.75	42	42	41	41	41	40	40	40	40	39
72.00	42	42	42	41	41	41	40	40	40	40
72.25	42	42	42	41	41	41	41	40	40	40
72.50	43	42	42	42	41	41	41	41	40	40
72.75	43	43	42	42	42	41	41	41	41	40
73.00	43	43	43	42	42	42	41	41	41	40
73.25	43	43	43	42	42	42	42	41	41	41
73.50	44	43	43	43	42	42	42	42	41	41
73.75	44	44	43	43	43	42	42	42	41	41
74.00	44	44	43	43	43	43	42	42	42	41
74.25	44	44	44	43	43	43	43	42	42	42
74.50	45	44	44	44	43	43	43	42	42	42
74.75	45	44	44	44	44	43	43	43	42	42
75.00	45	45	44	44	44	44	43	43	43	42
75.25	45	45	45	44	44	44	43	43	43	43
75.50	45	45	45	45	44	44	44	43	43	43
75.75	46	45	45	45	45	44	44	44	43	43

Attachment 6

AIR FORCE RESERVE WEIGHT AND BODY FAT MANAGEMENT PROGRAM (WBFMP) MEMORANDUM

MEMORANDUM FOR (Member's name, rank, SSN)

FROM: (Unit Commander)

SUBJECT: Air Force Reserve Weight and Body Fat Management Program (WBFMP) Status

The following indicates what action has been taken in compliance with the Air Force Reserve WBFMP:

( ) 3-MONTH EXERCISE AND DIETARY PERIOD: The maximum allowable BFS for your age is (enter BFS). As of (enter date measured), your BFM was (enter BFM). You have exceeded BFS. I am entering you in the 3-Month Exercise and Dietary Period effective the date you sign this memorandum. You will be measured (enter completion month/year) at the end of this period to determine placement in the IEBFLP or the Observation Period. While in the 3-Month Exercise and Dietary Period, you have the option to request or waive your right to a medical evaluation.

You are encouraged to voluntarily seek out exercise and dietary education programs to aid you in meeting BFS. Exercise and dietary education programs will be voluntarily at your own time and expense in a non-duty status only. Attached for your review is a copy of the Air Force Reserve Weight and Body Fat Management Program Overview.

I desire the below option.

a. I request a medical evaluation.

b. I waive my right to a medical evaluation.

( ) PHASE I: INITIAL ENTRY BODY FAT LOSS PERIOD (IEBFLP): On (enter date measured) your BFM was (enter BFM). You have exceeded your BFS upon completion of the 3-Month Exercise and Dietary Period. You will be scheduled for a medical evaluation. Upon medical clearance you will be entered into the IEBFLP. You will be measured (enter IEBFLP completion month/year), at the end of the IEBFLP. At that time you must be within BFS or you will be involuntarily reassigned to HQ ARPC IAW AFI 36-2115. If you successfully complete the IEBFLP, you will be placed in the 6-month Observation Period.

( ) PHASE II: OBSERVATION PERIOD: You are entered in a 6-month Observation Period. You remain subject to no-notice and event related weight/body fat checks. You will be measured (enter Observation Period completion month/year), at the end of Observation Period. If you exceed your BFS during this period, you will be involuntarily reassigned to HQ ARPC IAW AFI 36-2115.

( ) BFS ADJUSTMENT: Your BFS is adjusted from (enter applicable BFS) to (enter adjusted BFS). This adjustment expires (enter expiration date). Additional BFS adjustments beyond this date may be considered only upon your request.

( ) TEMPORARY MEDICAL DEFERRAL: You are granted a temporary medical deferral until (enter expiration date of deferral). Your status will be reevaluated on the first unit training assembly after this date.

( ) MEDICAL EXEMPTION: You are granted a medical exemption until (enter expiration date of exemption). Your status will be reevaluated on the first unit training assembly after this date.

( ) REENLISTMENT/PARTICIPATION: You exceeded BFS at the completion of the IEBFLP and therefore, are denied reenlistment and further participation.

( ) REASSIGNMENT: You exceeded BFS at the completion of the IEBFLP and therefore, you will be involuntarily reassigned to HQ ARPC IAW AFI 36-2115. NOTE: For Palace Chase members, reassign IAW AFI 36-3205, “Applying for the Palace Chase and Palace Front Programs”.

( ) You failed to maintain BFS during Phase II Observation Period therefore you will be involuntarily reassigned to HQ ARPC IAW 36-2115.

( ) REMOVAL FROM THE USAFR WBFMP: You have met BFS during the Observation Period and are therefore removed from the USAFR WBFMP.

You will acknowledge receipt by signing below:

_____

Unit Commander’s Signature

Attachment:

USAFR WBFMP

1st Ind, Member

TO: Unit Commander DATE: _____

I acknowledge receipt and understanding of the above.

_____

(Member's Signature)

CC:

Supervisor

Unit WBFMP Manager

MPF WBFMP Manager