

## Body Composition (% Body Fat) for Women\*

| Percentile | 20- 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60+  |
|------------|--------|---------|---------|---------|------|
| 90         | 14.5   | 15.5    | 18.5    | 21.6    | 21.1 |
| 80         | 17.1   | 18.0    | 21.3    | 25.0    | 25.1 |
| 70         | 19.0   | 20.0    | 23.5    | 26.6    | 27.5 |
| 60         | 20.6   | 21.6    | 24.9    | 28.5    | 29.3 |
| 50         | 22.1   | 23.1    | 26.4    | 30.1    | 30.9 |
| 40         | 23.7   | 24.9    | 28.1    | 31.6    | 32.5 |
| 30         | 25.4   | 27.0    | 30.1    | 33.5    | 34.3 |
| 20         | 27.7   | 29.3    | 32.1    | 35.6    | 36.6 |
| 10         | 32.1   | 32.8    | 35.0    | 37.9    | 39.3 |

\*ACSM's Guidelines for Exercise Testing and Prescription, 7<sup>th</sup> Ed., 2006

## Body Fat Ranges for Standard Adult Females

Females 0%  
(Age)

10%

20%

30%

40%

Underfat

Healthy

Overfat

Obese

20 - 39

40 - 59

60 - 79

