Body Composition Test

Patient information
Name:
Age:
Gender:
Height:
Weight:
Date of birth:
Date of test:
Medical history:

Test procedure
Pre-test instructions
Ensure the patient is well-hydrated.
The patient should avoid food, caffeine, alcohol, and exercise for 2-3 hours before the test.
Remove any metal objects and wear light clothing.
Measurements
1. Body fat percentage
Method:
Air displacement plethysmography (Bod Pod)
Bioelectrical impedance analysis (BIA)
DEXA scan
Hydrostatic weighing
Skinfold calipers
Others:
Measurement 1:
Measurement 2:
Measurement 3:
Average body fat percentage:

2. Lean body mass
Method:
Air displacement plethysmography (Bod Pod)
Bioelectrical impedance analysis (BIA)
DEXA Scan
Hydrostatic weighing
Skinfold calipers
Others:
Measurement 1:
Measurement 2:
Measurement 3:
Average lean body mass:
3. Muscle mass
Method:
Bioelectrical impedance analysis (BIA)
DEXA scan
Others:
Measurement 1:
Measurement 2:
Measurement 3:
Average muscle mass:
4. Visceral fat level
Method:
Bioelectrical impedance analysis (BIA)
DEXA scan
Others:
Measurement 1:
Measurement 2:
Measurement 3:
Average muscle mass:

5. Body mass index (BMI)
Calculation: Weight (kg) / (Height (m)²)
BMI:
6. Waist-to-hip ratio
Waist circumference:
Hip circumference:
Waist-to-hip ratio:
Interpretation
Body fat percentage
• Essential fat: 2-5% (men)
• Athletes: 6-13% (men)
• Fitness: 14-17% (men)
• Acceptable: 18-24% (men)
• Obese: >25% (men)
Lean body mass
Muscle mass
Visceral fat level
• Normal: 1-12
• High: 13-59
• Very high: 60+
Body mass index (BMI)
• Underweight: <18.5 kg/m²
• Normal weight: 18.5-24.9 kg/m²
• Overweight: 25-29.9 kg/m²
• Obesity: ≥30 kg/m²

Waist-to-hip ratio

- Low risk: <0.9 (men)

- Moderate risk: 0.9-0.99 (men)

- High risk: ≥1.0 (men)

Healthcare professional's notes

Overall assessment

Recommendations

Follow-up plan

Additional comments

Healthcare professional's information

Name:

Title:

Signature:

Date: