



Body assessment form

Date

Assessor

CLIENT DETAILS

Name

Sex

Date of birth

Age

Phone

Email

Goal

MEASUREMENTS

Weight (kg / lb)

Height (cm / in)

Blood pressure (mmHg)

Resting HR (bpm)

SKINFOLDS: JACKSON & POLLOCK, 7 SITES (MM)

Site	Location	1st	2nd	Mean
Chest	Diagonal. Men: halfway between the anterior axillary line and the nipple. Women: one third.			
Midaxillary	Vertical. Midaxillary line, level with the xiphoid process.			
Triceps	Vertical. Back of the upper arm, midway between acromion and olecranon.			
Subscapular	Diagonal (45°). 1 to 2 cm below the inferior angle of the scapula.			
Abdomen	Vertical. 2 cm to the right of the navel.			
Suprailiac	Diagonal. Just above the iliac crest, on the anterior axillary line.			
Thigh	Vertical. Front of the thigh, midway between the inguinal crease and the patella.			
Sum of 7 skinfolds				
Body fat %				

CIRCUMFERENCES (CM / IN)

Site	Right	Left
Arm, relaxed		
Arm, flexed		
Forearm		
Thigh		
Calf		
Chest		
Waist		
Abdomen		
Hips		

NOTES