

Body Fat % Ranking

MALES					
Age	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR
19–24	< 11	11.1 – 15	15.1 – 19	19.1 – 23	> 23
25–29	< 13	13.1 – 17	17.1 – 20	20.1 – 24	> 24
30–34	< 15	15.1 – 18	18.1 – 22	22.1 – 25	> 25
35–39	< 16	16.1 – 19	19.1 – 23	23.1 – 26	> 26
40–44	< 18	18.1 – 21	21.1 – 24	24.1 – 27	> 27
45–49	< 19	19.1 – 22	22.1 – 25	25.1 – 28	> 28
50–54	< 20	22.1 – 23	23.1 – 26	26.1 – 29	> 29
55 +	< 20	20.1 – 24	24.1 – 27	27.1 – 30	> 30

FEMALES					
Age	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR
19–24	< 19	19.1 – 22	22.1 – 25	25.1 – 30	> 30
25–29	< 19	19.1 – 22	22.1 – 25	25.1 – 30	> 30
30–34	< 20	20.1 – 23	23.1 – 26	26.1 – 31	> 31
35–39	< 21	21.1 – 24	24.1 – 28	28.1 – 32	> 32
40–44	< 23	23.1 – 26	26.1 – 29	29.1 – 33	> 33
45–49	< 24	24.1 – 27	27.1 – 31	31.1 – 34	> 34
50–54	< 27	27.1 – 31	31.1 – 34	34.1 – 37	> 37
55 +	< 28	28.1 – 31	31.1 – 34	34.1 – 38	> 38