

# Appendices

## Male Body Fat Percentage Ready Reckoner

| BMI | AGE |    |    |    |    |    |    |    |    |    |    |    |
|-----|-----|----|----|----|----|----|----|----|----|----|----|----|
|     | 18  | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 |
| 18  | 11  | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 |
| 19  | 13  | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 20  | 15  | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 21  | 15  | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 22  | 19  | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 |
| 23  | 21  | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 |
| 24  | 23  | 23 | 24 | 25 | 26 | 26 | 27 | 28 | 28 | 29 | 30 | 31 |
| 25  | 25  | 25 | 26 | 27 | 27 | 28 | 29 | 29 | 30 | 31 | 31 | 32 |
| 26  | 27  | 27 | 28 | 28 | 29 | 30 | 30 | 31 | 31 | 32 | 33 | 33 |
| 27  | 29  | 29 | 29 | 30 | 31 | 31 | 32 | 32 | 33 | 34 | 34 | 35 |
| 28  | 30  | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 34 | 35 | 36 | 36 |
| 29  | 32  | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36 | 36 | 37 | 37 |
| 30  | 34  | 34 | 35 | 35 | 35 | 36 | 36 | 37 | 37 | 38 | 38 | 39 |
| 31  | 35  | 36 | 36 | 37 | 37 | 37 | 38 | 38 | 39 | 39 | 39 | 40 |
| 32  | 37  | 37 | 38 | 38 | 38 | 39 | 39 | 40 | 40 | 40 | 41 | 41 |
| 33  | 39  | 39 | 39 | 39 | 40 | 40 | 41 | 41 | 41 | 42 | 42 | 42 |
| 34  | 40  | 40 | 41 | 41 | 41 | 42 | 42 | 42 | 43 | 43 | 43 | 44 |
| 35  | 42  | 42 | 42 | 42 | 43 | 43 | 43 | 44 | 44 | 44 | 44 | 45 |
| 36  | 43  | 43 | 43 | 44 | 44 | 44 | 45 | 45 | 45 | 45 | 46 | 46 |
| 37  | 44  | 44 | 45 | 45 | 45 | 45 | 46 | 46 | 46 | 47 | 47 | 47 |
| 38  | 46  | 46 | 46 | 46 | 47 | 47 | 47 | 47 | 47 | 48 | 48 | 48 |
| 39  | 47  | 47 | 47 | 48 | 48 | 48 | 48 | 48 | 49 | 49 | 49 | 49 |
| 40  | 48  | 48 | 49 | 49 | 49 | 49 | 49 | 49 | 50 | 50 | 50 | 50 |

To find your body fat percentage you go down to your BMI score and then across to your closest age.

For example a male who has a BMI of 22 and is 42 years old has a body fat percentage of 23%.

Ready reckoner based on CUN-BAE equation<sup>1</sup>.

Women should have between 20% and 34% of their body weight as fat, men 8–25%<sup>2</sup>.