

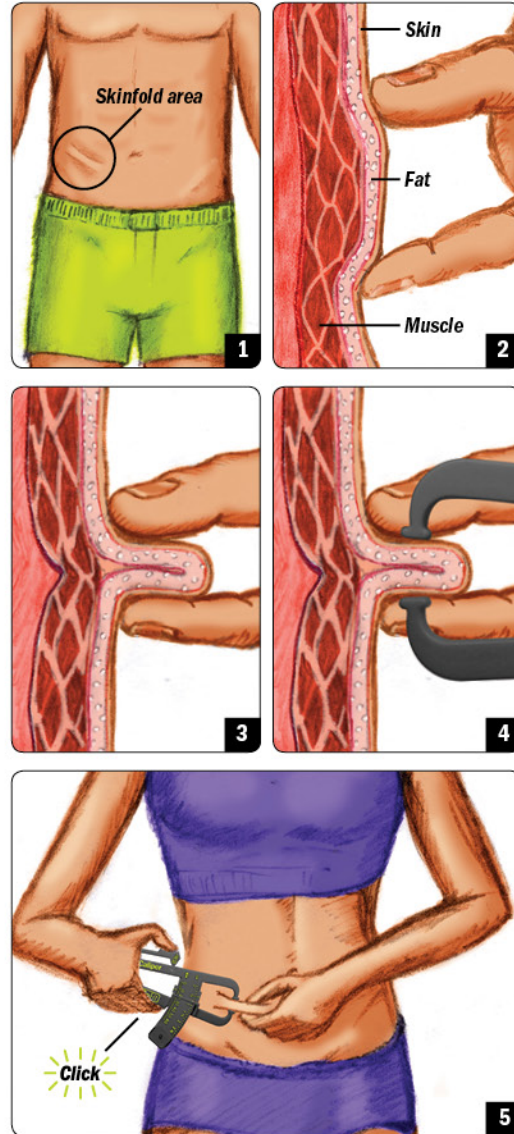
## Measuring Skinfold Body Fat with the GoFit Body Fat Caliper

The majority of fat on the body is located directly under the skin. For this reason, skinfold measurement is an effective and scientifically-trusted way to determine body fat percentage. The GoFit Body Fat Caliper is designed to make this a simple and accurate procedure that you can perform

on yourself (or have someone else perform). Although this measuring process is simple, it's best to carefully follow the instructions to do the procedure correctly and consistently.

### Taking an accurate skinfold body fat caliper reading

1. Move the "measure slide" on the curved part of the Caliper fully to the right. Hold the Caliper in your right hand.
2. The area to use for skinfold measurement is called the suprailliac. To find this area, put your left index finger on the point of your right hip bone and move up one inch (figure 1).
3. Stand straight. With the left hand, place your thumb and index finger two-to-three inches apart, then firmly grasp the suprailliac skinfold. Gently pull the skinfold outward, pulling the skin and underlying fat away from the muscle tissue (figures 2 and 3). If there is a large amount of fat, open your thumb and index finger wider to grasp and pull the skinfold. Grasp the skin directly, without clothing covering it.
4. Using your right hand, place the jaws of the Caliper over the skinfold about 1/4 of an inch from your thumb and index finger (figures 4 and 5). The Caliper tips should be placed in the center area of the skinfold. Be sure the Caliper is at a right angle to the skinfold.
5. Continue holding the skinfold with your left thumb and index finger. With your right thumb in the indentation of the "Accuracy Lever," squeeze the Caliper, closing it onto the skinfold until you feel a slight click. Stop squeezing when you feel the click (figure 5). Let the Caliper spring open. The lines on the "measure slide" now line-up with the measurement scale indicating your skinfold measurement. Record this reading to the nearest millimeter, then return the "measure slide" back to the right for your next reading.
6. After you have taken one measurement, take a second. If this reading is more than 1mm apart from the first measurement, take a third reading and so on. When the readings are consistent, your measurement is accurate.
7. To calculate body fat percentage from your measurement, follow the steps and refer to the Male or Female Body Fat Percentage Calculation Charts to the right.



## Calculating Body Fat Percentage

- Step 1: Use the GoFit Body Fat Caliper to get your skinfold measurement in millimeters.
- Step 2: Find the column with your measurement—follow it down to where it intersects with your age range.
- Step 3: The number at this intersection is your body fat percentage.
- Step 4: For measurements exceeding 36mm, add 25% for each additional millimeter of skinfold thickness.

### Body fat percentage calculation chart – Male

[ ----- GoFit Body Fat Caliper measurement in Millimeters ----- ]

	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
18-22	2	4	6	8.5	10.5	12.5	14.5	16	17.5	19	20	21.5	22.5	23	24	24.5	25
23-27	2.5	5	7.5	9.5	11.5	13.5	15.5	17	18.5	20	21	22.5	23.5	24	25	25.5	26
28-32	3.5	6	8.5	10.5	12.5	14.5	16.5	18	19.5	21	22.5	23.5	24.5	25	26	26.5	27
33-37	4.5	7	9.5	11.5	13.5	15.5	17.5	19	20.5	22	23.5	24.5	25.5	26.5	27	27.5	28
38-42	5.5	8	10.5	12.5	15	17	18.5	20	22	23	24.5	25.5	26.5	27.5	28	28.5	29
43-47	6.5	9	11.5	14	16	18	19.5	21.5	23	24.5	25.5	26.5	27.5	28.5	29	29.5	30
48-51	7.5	10	12.5	15	17	19	20.5	22.5	24	25.5	26.5	27.5	28.5	29.5	30	30.5	31
52-55	9	11.5	13.5	16	18	20	22	23.5	25	26.5	27.5	28.5	29.5	30.5	31	32	32
56-Up	10	12.5	14.5	17	19	21	23	24.5	26	27.5	28.5	30	31	31.5	32.5	33	33.5
	Lean				Fit				Average				Unhealthy				

### Body fat percentage calculation chart – Female

[ ----- GoFit Body Fat Caliper measurement in Millimeters ----- ]

	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
18-22	11.5	13.5	15.5	17.5	19.5	21.5	23	25	26.5	27.5	29	30	31.5	32.5	33	34	34.5
23-27	12	14	16.5	18.5	20.5	22	24	25.5	27	28.5	29.5	31	32	33	34	34.5	35
28-32	12.5	15	17	19	21	22.5	24.5	26	27.5	29	30.5	31.5	32.5	33.5	34.5	35	36
33-37	13	15.5	17.5	19.5	21.5	23.5	25	26.5	28	29.5	31	32	33	34	35	36	36.5
38-42	14	16	18	20	22	24	25.5	27.5	29	30	31.5	32.5	34	35	35.5	36.5	37
43-47	14.5	16.5	19	21	23	24.5	26.5	28	29.5	31	32	33.5	34.5	35.5	36.5	37	37.5
48-51	15	17.5	19.5	21.5	23.5	25	27	28.5	30	31.5	33	34	35	36	37	37.5	38.5
52-55	15.5	18	20	22	24	26	27.5	29	30.5	32	33.5	34.5	35.5	36.5	37.5	38.5	39
56-Up	16.5	18.5	20.5	22.5	24.5	26.5	28	30	31.5	32.5	34	35	36.5	37	38	39	39.5
	Lean				Fit				Average				Unhealthy				

### GoFit Body Fat Caliper Measurement suggestions

- For optimal consistency, use the same caliper for each reading, doing the readings at the same time of day.
- Always take measurements on your right side.
- Take readings only on healthy, unblemished skin.
- Skinfold site and fingers must be dry and free of lotion.
- Practice grasping the skinfold to develop consistency. Remember to be gentle, avoiding skin irritation.
- Avoid taking measurements if you feel overheated, or following physical activity. This creates added fluid under the skin, which may cause skinfold to be thicker.
- Females should avoid measuring during the menstrual cycle, during which time there may be weight gain.
- It is not recommended for an obese individual to take skinfold measurements. It is recommended to use tape measures like GoFit Go Tape, Fitness Tape Measure.