**The Blood Code Body Fat Evaluation Table**

 **For Women For Men**

**TOTAL MM BODY FAT %**

14–15 12

**Too Low**

16–17 14

18–19 15

20–21 17

**Below Normal**

22–23 18

24–25 19

26–27 20

28–29 21

30–34 22

35–39 23

**Normal**

40–44 25

45–49 26

50–54 28

55–59 29

60–64 30

65–69 31

70–74 32

**Too High**

75–79 33

80–84 34

85–89 35

90–94 36

95–99 37

100–109 38

**Obese**

110–119 39

120–129 40

130–139 41

140–150 42

151–160 43

**TOTAL MM BODY FAT %**

14–15 8

**Too Low**

16–17 9

18–19 10

20–21 11

22–23 12

**Below Normal**

24–25 13

26–27 14

27–28 15

29–31 16

32–35 17

**Normal**

36–38 18

39–42 19

43–45 20

46–49 21

50–54 22

55–59 23

**Too High**

60–65 24

66–73 25

74–79 26

80–85 27

86–91 28

92-98 29

99–105 30

**Obese**

106–115 31

116–125 32

126–135 33

136–145 34

146–156 35