

## The Blood Code Body Fat Evaluation Table

<b>For Women</b>		<b>For Men</b>	
<u>TOTAL MM</u>	<u>BODY FAT %</u>	<u>TOTAL MM</u>	<u>BODY FAT %</u>
14-15		14-15	
16-17	<b>Too Low</b>	16-17	<b>Too Low</b>
18-19		18-19	
<hr/>		<hr/>	
20-21		20-21	
22-23	<b>Below Normal</b>	22-23	<b>Below Normal</b>
24-25		24-25	
<hr/>		<hr/>	
26-27		25-26	
28-29		27-28	
30-34		29-31	
35-39		32-35	
40-44	<b>Normal</b>	36-38	<b>Normal</b>
45-49		39-42	
50-54		43-45	
55-59		46-49	
60-64		50-54	
<hr/>		<hr/>	
65-69		55-59	
70-74	<b>Too High</b>	60-65	<b>Too High</b>
75-79		66-73	
<hr/>		<hr/>	
80-84		74-79	
85-89		80-85	
90-94		86-91	
95-99		92-98	
100-109	<b>Obese</b>	99-105	<b>Obese</b>
110-119		106-115	
120-129		116-125	
130-139		126-135	
140-150		136-145	
151-160		146-156	

