

The Blood Code Body Fat Evaluation Table

For Women

TOTAL MM		BODYFAT%
14-15		12
16-17	Too Low	14
18-19		15
<hr/>		
20-21		17
22-23	Below Normal	18
24-25		19
<hr/>		
26-27		20
28-29		21
30-34		22
35-39		23
40-44	Normal	25
45-49		26
50-54		28
55-59		29
60-64		30
<hr/>		
65-69		31
70-74	Too High	32
75-79		33
<hr/>		
80-84		34
85-89		35
90-94		36
95-99		37
100-109	Obese	38
110-119		39
120-129		40
130-139		41
140-150		42
151-160		43

For Men

TOTAL MM		BODYFAT%
12-13		7
14-15	Too Low	8
16-17		9
<hr/>		
20-21		11
22-23	Below Normal	12
24-25		13
<hr/>		
26-27		14
26-28		15
29-31		16
32-35		17
36-38	Normal	18
39-42		19
43-45		20
46-49		21
50-54		22
<hr/>		
55-59		23
60-65	Too High	24
66-63		25
<hr/>		
74-79		26
80-85		27
86-91		28
02-98		29
99-105	Obese	30
106-115		31
116-125		32
126-135		33
136-145		34
146-156		35

