

Annex #4

The minimum acceptable level (20th percentile) is highlighted.

Chart B – Body Fat Standard Cooper																	
Percentile Points	Male				Female				Percentile Points Con't	Male				Female			
	20 to 29	30 to 39	40 to 49	50 to 59	20 to 29	30 to 39	40 to 49	50 to 59		20 to 29	30 to 39	40 to 49	50 to 59	20 to 29	30 to 39	40 to 49	50 to 59
100	3.7	6.3	8.3	10.0	8.9	10.3	11.9	14.0	50	16.6	19.7	21.9	23.2	21.0	22.6	25.6	28.8
99	4.2	7.0	9.2	10.9	9.8	11.0	12.6	14.6	49	16.8	19.8	22.0	23.3	21.2	22.8	25.8	29.0
98	4.7	7.7	10.1	11.8	10.7	11.7	13.3	15.2	48	16.9	20.0	22.2	23.5	21.4	23.0	26.0	29.2
97	5.2	8.5	11.0	12.6	11.7	12.5	14.1	15.9	47	17.1	20.1	22.3	23.6	21.5	23.1	26.1	29.3
96	5.8	9.2	11.9	13.5	12.7	13.2	14.8	16.6	46	17.2	20.3	22.5	23.8	21.7	23.3	26.3	29.5
95	6.3	9.9	12.8	14.4	13.6	14.0	15.6	17.2	45	17.4	20.5	22.6	23.9	21.9	23.5	26.5	29.7
94	6.6	10.3	13.2	14.9	13.8	14.3	15.9	17.6	44	17.6	20.7	22.8	24.0	22.1	23.7	26.7	29.8
93	6.9	10.7	13.6	15.3	14.1	14.6	16.2	18.1	43	17.9	20.9	22.9	24.2	22.2	23.9	26.9	30.0
92	7.3	11.1	14.1	15.8	14.3	15.0	16.6	18.5	42	18.1	21.0	23.1	24.3	22.4	24.2	27.2	30.1
91	7.6	11.5	14.5	16.2	14.6	15.3	16.9	19.0	41	18.4	21.2	23.2	24.5	22.5	24.4	27.4	30.3
90	7.9	11.9	14.9	16.7	14.8	15.6	17.2	19.4	40	18.6	21.3	23.4	24.6	22.7	24.6	27.6	30.4
89	8.2	12.2	15.2	17.0	15.0	15.8	17.5	19.7	39	18.8	21.5	23.5	24.7	22.9	24.8	27.8	30.6
88	8.4	12.5	15.5	17.2	15.2	16.0	17.8	20.0	38	19.0	21.6	23.7	24.9	23.1	25.0	28.0	30.8
87	8.7	12.7	15.7	17.5	15.4	16.2	18.0	20.3	37	19.2	21.8	23.8	25.0	23.2	25.2	28.1	31.0
86	8.9	13.0	16.0	17.7	15.6	16.4	18.3	20.6	36	19.4	21.9	24.0	25.2	23.4	25.4	28.3	31.2
85	9.2	13.3	16.3	18.0	15.8	16.6	18.6	20.9	35	19.6	22.1	24.1	25.3	23.6	25.6	28.5	31.4
84	9.4	13.5	16.5	18.2	15.9	16.8	18.8	21.2	34	19.8	22.3	24.2	25.4	23.8	25.8	28.7	31.6
83	9.7	13.8	16.7	18.4	16.1	16.9	19.1	21.5	33	20.0	22.5	24.4	25.6	24.0	26.0	28.9	31.8
82	9.9	14.0	17.0	18.7	16.2	17.1	19.3	21.9	32	20.2	22.6	24.5	25.7	24.1	26.3	29.2	32.1
81	10.2	14.3	17.2	18.9	16.4	17.2	19.6	22.2	31	20.4	22.8	24.7	25.9	24.3	26.5	29.4	32.3
80	10.5	14.5	17.4	19.1	16.5	17.4	19.8	22.5	30	20.6	23.0	24.8	26.0	24.5	26.7	29.6	32.5
79	10.7	14.7	17.6	19.3	16.7	17.6	20.0	22.8	29	20.9	23.2	25.0	26.2	24.8	26.9	29.8	32.7
78	10.9	14.9	17.8	19.4	16.8	17.7	20.2	23.0	28	21.1	23.4	25.2	26.3	25.1	27.1	30.0	32.9
77	11.1	15.1	18.0	19.6	17.0	17.9	20.4	23.3	27	21.4	23.5	25.3	26.5	25.3	27.3	30.3	33.0
76	11.3	15.3	18.2	19.7	17.1	18.0	20.6	23.5	26	21.6	23.7	25.5	26.6	25.6	27.5	30.5	33.2
75	11.5	15.5	18.4	19.9	17.3	18.2	20.8	23.8	25	21.9	23.9	25.7	26.8	25.9	27.7	30.7	33.4
74	11.7	15.7	18.5	20.1	17.4	18.4	21.0	24.1	24	22.1	24.1	25.9	27.0	26.1	28.0	30.9	33.6
73	12.0	15.9	18.7	20.2	17.6	18.6	21.2	24.3	23	22.4	24.3	26.1	27.2	26.4	28.3	31.2	33.8
72	12.2	16.1	18.8	20.4	17.7	18.7	21.5	24.6	22	22.6	24.5	26.2	27.4	26.6	28.5	31.4	34.1
71	12.5	16.3	19.0	20.5	17.9	18.9	21.7	24.8	21	22.9	24.7	26.4	27.6	26.9	28.8	31.7	34.3
70	12.7	16.5	19.1	20.7	18.0	19.1	21.9	25.1	20	23.1	24.9	26.6	27.8	27.1	29.1	31.9	34.5
69	12.9	16.7	19.3	20.8	18.1	19.3	22.1	25.3	19	23.4	25.2	26.8	28.0	27.5	29.5	32.2	34.7
68	13.2	16.9	19.4	20.9	18.3	19.5	22.3	25.5	18	23.7	25.4	27.0	28.2	27.8	29.8	32.5	34.9
67	13.4	17.0	19.6	21.1	18.4	19.6	22.4	25.6	17	24.0	25.7	27.3	28.5	28.2	30.2	32.9	35.2
66	13.7	17.2	19.7	21.2	18.6	19.8	22.6	25.8	16	24.3	25.9	27.5	28.7	28.5	30.5	33.2	35.4
65	13.9	17.4	19.9	21.3	18.7	20.0	22.8	26.0	15	24.6	26.2	27.7	28.9	28.9	30.9	33.5	35.6
64	14.1	17.6	20.0	21.5	18.8	20.2	23.0	26.2	14	24.9	26.5	28.0	29.2	29.4	31.3	33.9	35.8
63	14.3	17.7	20.2	21.6	19.0	20.3	23.2	26.4	13	25.3	26.8	28.3	29.5	29.9	31.7	34.3	36.0
62	14.4	17.9	20.3	21.8	19.1	20.5	23.4	26.6	12	25.6	27.2	28.6	29.7	30.4	32.2	34.6	36.3
61	14.6	18.0	20.5	21.9	19.3	20.6	23.6	26.8	11	25.9	27.5	28.9	30.0	30.9	32.6	35.0	36.5
60	14.8	18.2	20.6	22.1	19.4	20.8	23.8	27.0	10	26.3	27.8	29.2	30.3	31.4	33.0	35.4	36.7
59	15.0	18.4	20.7	22.2	19.5	21.0	24.0	27.2	9	26.8	28.3	29.6	30.7	32.2	33.6	35.8	37.0
58	15.2	18.5	20.9	22.3	19.7	21.2	24.2	27.4	8	27.3	28.8	30.0	31.2	32.9	34.1	36.2	37.3
57	15.4	18.7	21.0	22.5	19.8	21.3	24.4	27.5	7	27.9	29.2	30.4	31.6	33.7	34.7	36.6	37.7
56	15.6	18.8	21.2	22.6	20.0	21.5	24.6	27.7	6	28.4	29.7	30.8	32.1	34.4	35.2	37.0	38.0
55	15.8	19.0	21.3	22.7	20.1	21.7	24.8	27.9	5	28.9	30.2	31.2	32.5	35.2	35.8	37.4	38.3
54	16.0	19.1	21.4	22.8	20.3	21.9	25.0	28.1	4	30.0	31.2	32.1	33.5	36.1	36.7	38.0	38.8
53	16.1	19.3	21.5	22.9	20.5	22.1	25.1	28.3	3	31.1	32.2	33.1	34.4	37.0	37.6	38.6	39.3
52	16.3	19.4	21.7	23.0	20.6	22.2	25.3	28.4	2	32.2	33.3	34.0	35.4	38.0	38.5	39.2	39.9
51	16.4	19.6	21.8	23.1	20.8	22.4	25.4	28.6	1	33.3	34.3	35.0	36.4	38.9	39.4	39.8	40.4

Award Categories

Minimum Standard