

Body Fat Ranges for Standard Adults

Female Age	Low	Normal	High	Very High
20-39	<21.0	21.0-32.9	33.0-38.9	≥39.0
40-59	<23.0	23.0-33.9	34.0-39.9	≥40.0
60-79	<24.0	24.0-35.9	36.0-41.9	≥42.0
Male Age				
20-39	<8.0	8.0-19.9	20.0-24.9	≥25.0
40-59	<11.0	11.0-21.9	22.0-27.9	≥28.0
60-79	<13.0	13.0-24.9	25.0-29.9	≥30.0
BMI Ranges	Underweight	Normal	Overweight	Obese
	<18.5	18.5-24.9	25.0-29.9	≥30.0