

BODY COMPOSITION

NAME: .....

DATE OF MEASUREMENT: ..... DATE OF BIRTH: .....

Input data:	
Body mass (kg):	
Height (cm):	
Biepicondylar humerus breadth (cm):	
Bistyloideus breadth (cm):	
Biepicondylar femur breadth (cm):	
Bimalleoral breadth (cm):	
Relax arm girth (cm):	
Flexed arm girth (cm):	
Forearm girth (cm):	
Thigh girth (cm):	
Calf girth (cm):	

% reference value:	Reference value:

Triceps skinfold (mm):	
Subcapular skinfold (mm):	
Chest 2 skinfold (mm):	
Abdomen skinfold (mm):	
Supraspinal skinfold (mm):	
Biceps skinfold (mm):	
Forearm skinfold (mm):	
Mid-thigh skinfold (mm):	
Medial calf skinfold (mm):	

Calculated data:	
Body surface (m <sup>2</sup> ):	
Body mass index (kg/m <sup>2</sup> ):	
Body composition (Matiegka):	
Skeletal mass (kg):	
Skeletal mass(%):	
Muscle mass (kg):	
Muscle mass (%):	
Fat body mass (kg):	
Fat body mass (%):	
Other (kg):	
Other (%):	
Somatotype (Heath-Carter):	
Endomorphy	
Mesomorphy	
Ectomorphy	

% reference value:	Reference value:

Bioelectrical impedance analysis (BIA) – TANITA: .....

X = EKTOMORFIE - ENDOMORFIE  
 Y = 2 x MESOMORFIE - (ENDOMORFIE + EKTOMORFIE)

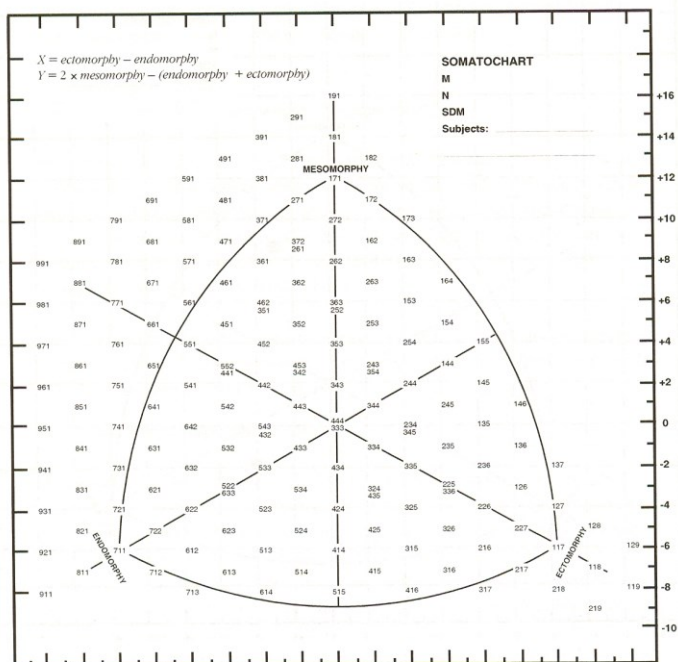
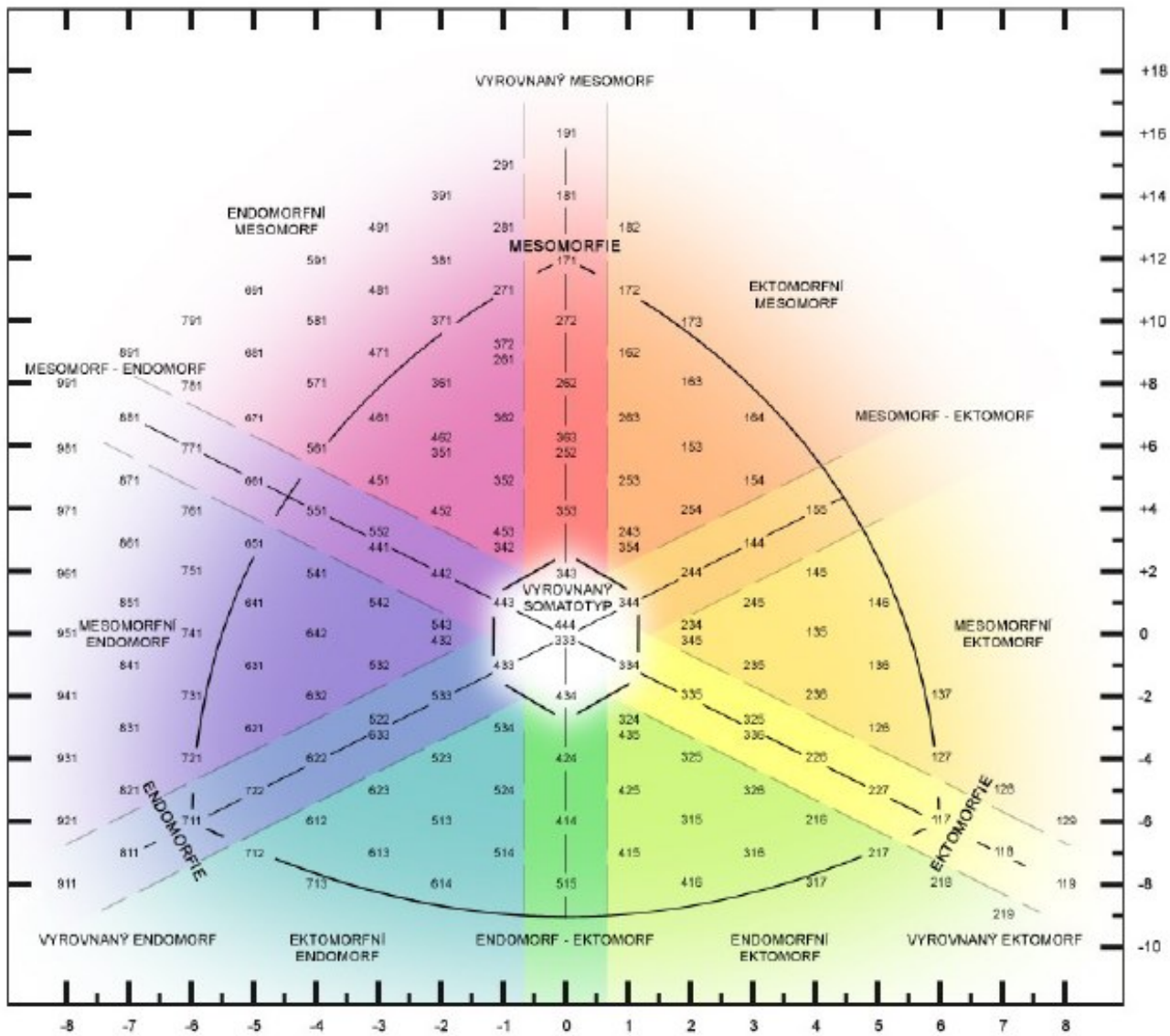


Figure 6 Blank somatochart