

<b>NOAA CORPS</b> <b>RECORD OF BODY COMPOSITION SCREENING</b>				
<b>All NOAA Corps Officers</b> shall complete a weight assessment and, if necessary, at least one body composition assessment method and submit to their Officer Personnel Folder annually.				
<b>1</b>	<b>NAME</b> (Last, First, Middle Initial)	<b>AGE</b>	<b>DATE</b>	<b>UNIT</b>
<b>2</b>	<b>WEIGHT ASSESSMENT</b>			
Height (inches, round to nearest whole number):			in.	
Weight (pounds, round to nearest whole number):			lbs.	
Maximum allowable weight per BMI table:			lbs.	
Officer in compliance:      YES      NO      If yes, go to block 4.				
<b>3</b>	<b>BODY COMPOSITION ASSESSMENT</b>			
Three measurements are required, using spring-loaded tension tape. If any of the three totals vary by more than one inch, take a fourth measurement.				
<b>3a.</b>	<b>Standard Tape Method Procedure</b>			
	<b>Waist</b> Round down to nearest half inch. Measure over the bellybutton for men, smallest point for women.	<b>+ Hips (Women only, use 0 for men)</b> Round down to nearest half inch. Measure the widest point when viewed	<b>- Neck</b> Round up to nearest half inch	<b>= Circumference Value (CV)</b>
	Set 1			
	Set 2			
	Set 3			
	Set 4 (if needed)			
Average of 3 closest CVs:				
Enter body fat from Percent Body Fat Estimation chart:				%
<b>Maximum Allowable Body Fat Percentages:</b> Men: Under 30 years: 22%; Under 40 years: 24%; Over 40: 26% Women: Under 30 years: 32%; Under 40 years: 34%; Over 40: 36%			<b>Officer in Compliance?</b> <div style="text-align: center;">YES      NO</div>	
<b>3b.</b>	<b>Abdominal Circumference (AC) Method</b>			
	<b>Men - Maximum 40 Inches</b> Round down to nearest half inch. Measure directly above hip bone (iliac crest)	<b>Women - Maximum 35.5 Inches</b> Round down to nearest half inch. Measure directly above hip bone (iliac crest)		
	Set 1			
	Set 2			
	Set 3			
	Set 4 (if needed)			
Average of 3 closest AC measurements:		in.		
Officer in compliance:      YES      NO				
<b>4</b>	<b>OVERALL COMPLIANCE</b>			
Does the officer satisfy compliance with at least one assessment above (weight, standard tape method, or abdominal circumference method) or under an approved waiver or exemption?				
YES      NO				
<b>5</b>	<b>Officer Signature</b>	<b>Taper Name</b>	<b>Taper Signature</b>	

**PRIVACY ACT STATEMENT**

<b>Authority:</b>	5 U.S.C. § 301; 44 U.S.C. § 3101; 33 U.S.C. § 3007
<b>Purpose:</b>	To assess an individual's aompliance with NOAA Corps Body Composition Policy.
<b>Routine Uses:</b>	Information will be used by the Commissioned Personnel Center to determine compliance with the NOAA Corps Body Composition Policy. Disclosure of this information is permitted un der the Privacy Act of 1974 (5 U.S.C. Section 552a), to be shared with applicable entities related to the purposes described above. Disclosure of this information is subject to all of the published routine uses as identified in the Privacy Act System of Records Notice, COMMERCE/DEPT-31, COMMERCE/NOAA-22, COMMERCE/NOAA-3, OPM-GOVT 10.
<b>Disclosure:</b>	Furnishing this information is mandatory. Failure to furnish this information may impede the health and fitness assessment process.