

FitKid™ BODY FAT CALIPER FOR CHILDREN

Measurement Tips for the Accu-Measure FitKid Caliper

- Take all measurements on the right side of the body.
- Advise the child to use the restroom before beginning.
- Measurements should not be taken on broken, damaged or unhealthy skin.
- Do not take skinfold measurements on obese individuals. It is often useful to take general measurements with tape measures such as the MyoTape Body Tape Measure.
- Wash your hands and clean the caliper ends with alcohol pads before and after the reading.
- Do not take measurements after physical activity or when your child is overheated. The added fluid under the skin may increase skinfold thickness.

BODY FAT CHART				
BOYS ages 6 to 17		GIRLS ages 6 to 17		
	Sum of Skinfold	% Body Fat	Sum of Skinfold	% Body Fat
VERY LOW	2	2.5	2	6.3
	3	3.2	3	6.9
	4	3.9	4	7.5
	5	4.7	5	8.2
	6	5.4	6	8.8
	7	6.1	7	9.4
LOW	8	6.9	8	10.0
	9	7.6	9	10.6
	10	8.4	10	11.2
	11	9.1	11	11.8
OPTIMAL	12	9.8	12	12.4
	13	10.6	13	13.0
	14	11.3	14	13.6
	15	12.0	15	14.3
	16	12.8	16	14.9
	17	13.5	17	15.5
	18	14.2	18	16.1
	19	15.0	19	16.7
	20	15.7	20	17.3
	21	16.4	21	17.9
MODERATELY HIGH	22	17.2	22	18.5
	23	17.9	23	19.1
	24	18.6	24	19.7
	25	19.4	25	20.4
	26	20.1	26	21.0
	27	20.8	27	21.6
	28	21.6	28	22.2
	29	22.3	29	22.8
	30	23.1	30	23.4
	31	23.8	31	24.0
HIGH	32	24.5	32	24.6
	33	25.3	33	25.2
	34	26.0	34	25.8
	35	26.7	35	26.5
MODERATELY HIGH	36	27.5	36	27.1
	37	28.2	37	27.7
	38	28.9	38	28.3
	39	29.7	39	28.9
	40	30.4	40	29.5
	41	31.1	41	30.1
	42	31.9	42	30.7
	43	32.6	43	31.3
VERY HIGH	44	33.3	44	31.9
	45	34.1	45	32.6
	46	34.8	46	33.2
	47	35.5	47	33.8
	48	36.3	48	34.4
	49	37.0	49	35.0
	50	37.8	50	35.6
	51	38.5	51	36.2
	52	39.2	52	36.8
	53	40.0	53	37.4
VERY HIGH	54	40.7	54	38.0
	55	41.4	55	38.7
	56	42.2	56	39.3
	57	42.9	57	39.9
	58	43.6	58	40.5
	59	44.4	59	41.1
	60	45.1	60	41.7

- To grab the skinfold easily and correctly, make sure that the child's skin is dry and lotion free.
- Always use the same Accu-Measure FitKid caliper, and take the readings at the same time of day, for consistent monitoring of body composition changes.
- Avoid measuring females during the menstrual cycle when there is significant or noticeable weight gain.
- Experience is necessary to consistently grasp the correct size skinfold in the correct location. Practice until you get consistent results.