

Visual Body Composition Analysis

12%

15%

20%

25%

30%

35%

40%

45%



Age	Body Fat Percentage in Women			
up to 20	11-18 %	18-23%	23-30%	30-35%
21-25	12-19%	19-24%	24-30%	30-35%
26-30	13-20%	21-25%	25-31%	31-36%
31-35	13-21%	21-26%	26-33%	33-36%
36-40	14-22%	22-27%	27-34%	34-37%
41-45	14-23%	23-28%	28-35%	35-38%
46-50	15-24%	24-30%	30-36%	36-38%
51-55	16-26%	26- 31%	31-36%	36-39%
56 & up	16-27%	27-32%	32-37%	37-40%
	Lean	Ideal	Average	OverFat