

# Body Fat Calculator

**US Units** | **Metric Units** | **Other Units**

Gender  male  female

Age


Weight  kg

Height  cm

Neck  cm

Waist  cm

Hip  cm

**Calculate**  **Clear**

## Result

**Body Fat: 40.0%**



Body Fat (U.S. Navy Method)	40.0%
Body Fat Category	Obese
Body Fat Mass	51.2 kgs
Lean Body Mass	76.7 kgs
Ideal Body Fat for Given Age (Jackson & Pollard)	16.4%
Body Fat to Lose to Reach Ideal	30.2 kgs
Body Fat (BMI method)	40.1%