

Body Fat Standards by Service Branch

The U.S. Armed Forces use body composition (a measure of a person's body fat) as one component to determine the fitness of a Military Service Member (MSM). If the MSM's body fat percentage exceeds DoD standards, it can adversely affect his or her career, including the ability to be promoted and even stay in the military.

This chart is only intended for comparison of one service's standards to another.

ARMY (current standard AR 600-9 as of 16 August 2019)		
Use <i>Weight for height</i> table for age and gender. If measurements exceed maximum, use body fat percentage*. Maximum allowable body fat percentages appear below.		
Age	Men	Women
17–20	20%	30%
21–27	22%	32%
28–39	24%	34%
≥ 40	26%	36%
COAST GUARD (current standard COMDTINST M1020.8H as of 12 June 2017)		
Use <i>Screening Weights</i> table (age- and gender-neutral). If measurements exceed maximum, use body fat percentage*. Maximum allowable body fat percentages appear below.		
Age	Men	Women
<30	22%	32%
30–39	24%	34%
≥ 40	26%	36%
COAST GUARD (current standard ACN 082/19 as of 06 August 2019, COMDTINST M1020.8H as of August 2019, and BOAT Manual, Volume I, COMDTINST M16114.32 [series] as of March 2018) Pilot period: 01 October 2019–30 September 2020		
Use <i>Screening Weights</i> table (age- and gender-neutral). If measurements exceed maximum, use body fat percentage and abdominal circumference. If either measurement is below maximum, the MSM is considered compliant. Maximum allowable body fat percentages appear below.		
If both measurements exceed maximum, the MSM is eligible to take the Physical Fitness Test (PFT) described in the <i>U.S. Coast Guard Boat Operations and Training (BOAT) Manual, Volume I, COMDTINST M16114.32 (series) Part 4, Chapter 3, Section D, Physical Fitness Standards</i> .		
Age	Men	Women
<30	22%	32%
30–39	24%	34%
≥ 40	26%	36%
Abdominal circumference must not exceed:		
All	39 inches	35.5 inches

*To estimate body fat percentage:

(1) Calculate circumference value (CV):

Men: A (abdomen) – N (neck) = CV

Women: W (waist) + H (hips) – N (neck) = CV

(2) Refer to *Percent Body Fat Estimation Table for Male/Female* for estimated body fat percentage by height

MARINE CORPS (current standard MCO 6110.3A CH-1 as of 16 April 2019)		
Use DoD Height/Weight Standards table. If measurements exceed maximum, use body fat percentage*.		
Maximum allowable body fat percentages appear below.		
Note: Waivers granted based on PFT and Combat Fitness Test (CFT) scores.		
Age	Men	Women
17-25	18%	26%
26-35	19%	27%
36-45	20%	28%
≥46	21%	29%
AIR FORCE (current standard AFI 36-2905 as of 27 August 2015)		
Abdominal circumference must not exceed:		
Age	Men	Women
All	39 inches	35.5 inches
If measurements exceed maximum, screen for BMI:		
Age	Men	Women
All	≤25 kg/m ²	≤25 kg/m ²
If measurements exceed maximum, use body fat percentage*		
Age	Men	Women
All	≤18%	≤26%
NAVY (current standard NAVADMIN 178/15 as of 01 January 2016 and OPNAVIST 6110.1J as of 11 July 2011)		
Step 1: Check <i>Maximum weight for height</i> screening table		
Step 2: If measurements exceed maximum, use abdominal circumference measurement		
Age	Men	Women
All	≤39 inches	≤35.5 inches
Step 3: If measurements exceed maximum for steps 1 and 2, use body fat percentage*		
Age	Men	Women
18-21	22%	33%
22-29	23%	34%
30-39	24%	35%
>40	26%	36%
PUBLIC HEALTH SERVICE (current standard POM 821.66 as of 12 July 2018)		
An officer must maintain a BMI between 19 kg/m ² and 27.5 kg/m ² or an allowable body fat percentage*		
Age	Men	Women
<28	≤24%	≤32%
28-39	≤26%	≤35%
>40	≤28%	≤38%

*To estimate body fat percentage:
(1) Calculate circumference value (CV):
Men: A (abdomen) - N (neck) = CV
Women: W (waist) + H (hips) - N (neck) = CV
(2) Refer to *Percent Body Fat Estimation Table for Male/Female* for estimated body fat percentage by height