Body Consultation Card

PERSONAL INFORMATION	
Name	
Date	
Age	
Gender	

SOMATOTYPE	TICK
Ectomorph	
Mesomorph	
Endomorph	
Combination type ticks the two which are combination indicate dominant soma type	

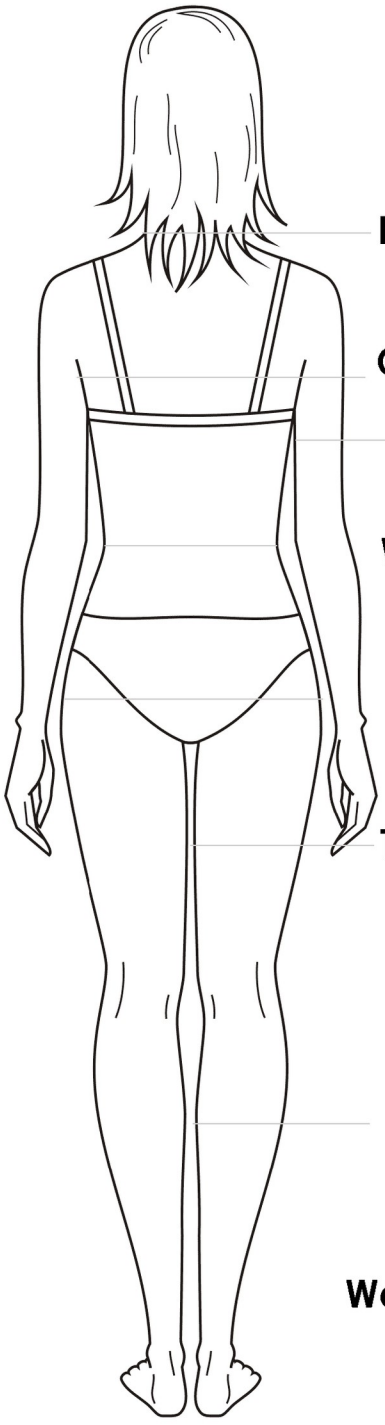
BMI (BODY MASS INDEX)	
BMI Calculation:	
BMI Value	_____
Category	☐ **Underweight** ☐ **Normal** ☐ **Overweight** ☐ **Obese**

© WorldSkills International

BODY MEASUREMENTS	VALUE
Height	**cm**
Weight	**kg**
Chest measure around the fullest part of the bust or chest.	**cm**
Waist measure around the smallest part of the torso 2 inches (5 cm) above the belly button.	**cm**
Hips measure around the widest part of the hips and buttocks.	**cm**
Thigh measure around the fullest/widest part of the upper leg, just below the buttock.	**cm**
Arm measure around the widest section of the upper arm, midway between the shoulder and elbow.	**cm**
Neck Measure around the neck, just below the Adam's apple (or about 1-2 cm above the base of the neck).	**cm**

© WorldSkills International

Body Measurement Tracker



	BEFORE	AFTER
	Date:	Date:
Neck		
Chest		
Arm	L R	L R
Waist		
Hips		
Thigh	L R	L R
Calf	L R	L R
Weight		

101Planners.com

© WorldSkills International