

Personnel

THE WEIGHT and BODY FAT MANAGEMENT PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

This instruction establishes how to administer the Weight and Body Fat Management Program (WBFMP), measure body fat, update the personnel data system, and destroy weight management program documents. This instruction applies to all Air National Guard members who are under provisions of Title 32, United States Code. It implements Air Force Policy Directive (AFPD) 40-5, *Fitness and Weight Management*, dated 20 May 1994, Department of Defense Instruction (DoDI) 1308.3, *DoD Physical Fitness and Body Fat Programs*, dated 30 Aug 95, DoDD 1308.1, *DoD Physical Fitness and Body Fat Program*, dated 20 Jul 95, and requires collecting and maintaining information protected by the Privacy Act of 1974. The authority to collect and maintain the records prescribed by this instruction derives from Title 10, United States Code, Section 8013 and Executive Order 9397. The System of Records Notice 044 AFPC A, *Individual Weight Management File*, applies to this instruction. Refer to Attachment 1 for the glossary. Process supplements that affect any military personnel function as shown in Air Force Instruction (AFI) 33-360, Volume 1, *Publications Management Program*. Send comments and suggested improvements of this ANGI on AF Form 847, **Recommendation for Change of Publication**, to the Personnel Utilization Branch (ANG/DPPUA). The Paperwork Reduction Act of 1974 as amended in 1996 affects this instruction. The Forms Management Program IAW AFI 37-160, Volume 8, *The Air Force Publications and Forms Management Program-Developing and Processing Forms*, affects this instruction. **State Supplements** to this instruction will be forwarded from the installation commander to State Headquarters for coordination by State Air Surgeon and endorsements by The Adjutant General (TAG) or designated representative. In addition, TAGs have the authority to standardize the WBFMP within the State by establishing uniform statewide procedures. Final approval authority is the Air National Guard Readiness Center.

SUMMARY OF REVISIONS

This publication has been substantially revised and must be completely reviewed. Title of this instruction was changed from "Air National Guard Weight Management Program" to "The Weight and Body Fat Management Program" (WBFMP); identifies the Gulick tape measure as the only tape measure to use when taking measurements for body fat (Paragraph 1.); highlights responsibilities for the WBFMP (Paragraph 2.); clarifies in written format and photos on how weight, height, and body fat measurements will be taken (Tables 1.-4. and Figures 1.-11.); directs the Health Promotion Manager to provide information resources referencing exercises and dietary awareness (Paragraph 2.6.); directs members identified as over body fat to participate in a 90-Day Health Improvement Period prior to entry into Weight Status Code (WSC) 6 or 3 which includes no administrative actions during that 90-day period (Paragraph 14.); eliminates the 1-Year Probation Period WSC 7 (Paragraph 22.); clarifies the WBFMP phases and medical deferrals (Paragraph 17.1.); includes promotion actions for members in the WBFMP (Paragraph 7. and 8.); establishes a guide for administrative actions (Table 4.); deletes mandatory demotion action at 4th unsatisfactory period and provides for commander's recommendation option at 3rd unsatisfactory period; deletes the mandatory requirement to discharge at 5th unsatisfactory progress period and places recommending authority at Installation Commander level at 4th unsatisfactory period; extends body fat standard adjustments from 6 months to 12 months (Paragraph 13.); includes the

WBFMP overview (Attachment 2); includes the Body Fat Percentage Tables for Males and Females (Atchs 4 and 5), and the Maximum Allowable Weight (MAW) Table (Atch 3); identifies when to have weight scales calibrated (Table 1.) and establishes a transition period into the new program (Paragraph 22.).

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1. Measurement Technique, Procedure, and Tape Measure.

1.1. The circumferential measurement technique (tape measurement) is the only acceptable method authorized by DoD for determining body fat percentage. Hydrostatic weighing, calipers, infrared measurements, etc., are not authorized measurement techniques for the Weight and Body Fat Management Program.

1.2. Height, weight, and body fat measurements will be accomplished at the unit level. The unit commander is responsible for the administration of the WBFMP.

1.3. The Health Promotion Manager (HPM) will ensure that exercise and dietary information is available for all members to assist in maintaining weight and body fat standards.

1.4. Installations will use the Gulick tape measure only. The Gulick tape measure can be obtained through local purchase. Personnel accomplishing body fat measurements will have 90 days from the date of this instruction to transition from the current standard tape measure to the Gulick tape measure.

2. Program Responsibilities.

2.1. The Adjutant General (TAG):

2.1.1. Exercises authority consistent with AFI 36-3209 regarding matters of discharge or separation actions on members who fail to make satisfactory progress on their fourth and subsequent failures in the WBFMP.

2.1.2. May delegate this authority to the Assistant AG for Air, or equivalent within the State.

2.1.3. Will ensure that WBFMP is equitably enforced at all Air National Guard units under their jurisdiction, and that all procedures specified in this instruction are followed. All correspondence pertaining to the WBFMP will be first reviewed and endorsed by the respective State Headquarters prior to being forwarded to ANG/DP.

2.2. The Installation Commander will:

2.2.1. Manage the WBFMP.

2.2.2. Ensure that all personnel, as a minimum, perform an annual height and weight check and ensure the results of the same are recorded.

2.2.3. Serve as final authority for body fat standard adjustments and retention.

2.2.4. Serve as final authority on recommendations to the TAG for discharge or separation actions on members with their fourth and subsequent failures in the WBFMP.

2.2.5. Serve as final authority for temporary medical deferrals exceeding 1 year.

2.3. The Military Personnel Flight (MPF) Commander will:

2.3.1. Appoint an installation WBFMP manager from the MPF. Members in the WBFMP can not be appointed as WBFMP managers.

2.3.2. Ensure that the installation WBFMP manager provides procedural guidance to unit commanders and unit WBFMP managers.

2.3.3. Ensure that the installation WBFMP manager conducts Staff Assistance Visits (SAV) to all supported units on an annual basis.

2.3.4. Act as liaison between Air National Guard/Director of Personnel and serviced units.

2.4. The MPF Installation WBFMP Manager will:

2.4.1. Provide training and procedural guidance to supported units in the administration of the WBFMP.

2.4.2. Ensure that the Personnel Data System (PDS) is updated with appropriate WSC.

2.4.3. Conduct SAVs for each State Headquarters, Geographically Separated Units (GSU) and base squadrons at least once a year to ensure compliance and standardization.

2.4.4. Comply with other guidance as prescribed by the installation or MPF commander.

2.4.5. Publicize WBFMP requirements via base bulletins, newspapers, commander's calls etc., on a recurring basis.

2.4.6. Ensure that the WBFMP case file is included in member's relocations package for inter/intra-state transfers.

2.5. Medical Squadron Commander (MDS/CC) or equivalent will:

2.5.1. Appoint a medical practitioner as a central point of contact to act as medical liaison for the WBFMP.

2.5.2. Ensure that unit commander is provided with the AF Form 422 for members who are recommended for a temporary medical deferral from the WBFMP.

2.5.3. Ensure that the flight surgeon examines individuals on flying status to determine whether the over body fat condition is a threat to flying safety or the individual's flying status.

2.5.3.1. Refer the individual to the appointed medical practitioner for a WBFMP medical evaluation and certification before the results are released to the unit.

2.5.3.2. Ensure that the flight surgeon reviews and approves any diet or exercise program prescribed for flying personnel.

2.5.4. Appoint the Health Promotion Manager.

2.6. The Health Promotion Manager (HPM) will:

2.6.1. Provide information resources referencing exercise and dietary awareness.

2.6.2. Provide scientifically (i.e.: Professional Journals) based exercise and dietary information/education to all personnel. Publicize these programs via base bulletins, newspapers, commanders' calls, etc. (courses available see www.cooperinst.org)

2.7. The Medical Practitioner will:

2.7.1. Review private physician evaluations.

2.7.2. Provide the installation commander a written recommendation on all requests for body fat standard adjustments.

2.7.3. Annotate on the AF Form 422, **Physical Profile Serial Report**, when recommending a medical deferral or exemption from the WBFMP. The AF Form 422 in itself, without a recommendation, does not automatically warrant a medical deferral or exemption from the WBFMP by the unit commander.

NOTE:

- (1) The unit commander upon recommendation by the medical practitioner approves medical deferrals or exemptions from the WBFMP.
- (2) When recommending an exemption from the WBFMP, the medical practitioner will explain how long the exemption is for (i.e., recommend an exemption from the WBFMP for the period of 1 Dec 98 through 1 Jun 99).
- (3) Personnel cannot be enrolled in the 90-Day Health Improvement Period and the WBFMP unless they are advised to receive medical clearance from their civilian provider.

2.8. The Unit Commander will:

- 2.8.1. Ensure the administration of the WBFMP for all assigned personnel.
- 2.8.2. Appoint a unit WBFMP manager.
- 2.8.3. Encourage all personnel to follow an active conditioning program and to eat a healthy diet.
- 2.8.4. Reschedule weight and body fat measurement for females based on their menstrual cycle for the next scheduled training period.
- 2.8.5. When necessary, appoint in their absence, an officer to act on commander's behalf.

NOTE: Commanders have the flexibility to excuse an individual from the next scheduled assessment period when the individual has lost more than the required 1 percent body fat during the current assessment period.

2.9. Unit WBFMP Managers will:

- 2.9.1. Monitor the WBFMP program as directed by the unit commander.
- 2.9.2. Take body fat measurements, weight and height measurements (see Table 1.).
- 2.9.3. Ensure review of individuals WBFMP case file by unit commander.
- 2.9.4. Transfer members:
 - 2.9.4.1. State to State: Hand-carry the WBFMP case file to the MPF for inclusion in transmission of records to gaining unit.
 - 2.9.4.2. Local Re-Assignments: Hand-carry to the gaining WBFMP manager.
- 2.9.5. Update appropriate WSC changes via PC-III, or notify the Military Personnel Flight of any WSC changes.

NOTE:

- (1) Military members in the WBFMP cannot be appointed as unit WBFMP managers.
 - (2) Personnel of the same sex must take body fat measurements.
 - (3) Personnel of either sex can take weight and height measurements.
- 2.10. Supervisors will support the WBFMP and provide motivational support to subordinates.

3. Weight Measurements will be Administered.

- 3.1. On all personnel at least once a year.
- 3.2. Prior to processing personnel for promotion. Unit commanders will ensure that members meet weight measurements prior to effecting promotion action.
- 3.3. Prior to reenlistment/extension. Unit commanders will ensure that members meet weight measurements prior to personnel reenlisting or extending.
- 3.4. On official notification of a TDY or PCS to attend technical training courses regardless of the number of days of the TDY.
- 3.5. On official notification of TDY of 29 days or more. Unit commanders may impose weight measurements on TDYs of 28 days and less.
- 3.6. On official notification and again during out-processing for members selected for a TDY or PCS to attend officer or enlisted PME, and AMS. Members will be administered these measurements no earlier than 45 days and no later than 10 calendar days prior to their projected departure date.
- 3.7. When directed by the unit commander.

NOTES:

- (1) The member's unit commander will determine TDY eligibility under the WBFMP.
- (2) Unit commanders and supervisors should ensure that personnel in a TDY status present a professional military appearance.
- (3) Members in the WBFMP and departing on a TDY for 29 days or more will hand-carry a copy of their WBFMP case file to the TDY unit commander (see Paragraph 19. for Contingency and Mobilization Operations procedures). The TDY unit commander will be responsible for administering monthly weight measurements.
- (4) Students attending PME or AMS will hand-carry a memorandum from the unit commander (or designated representative) to the Commander, Commandant, or Flight Chief, stating the member was weighed prior to departing and certifying the member was within weight standards. Students not within weight standards must have certification that they are within the Air Force body fat standards. Students taking leave en route to PME or AMS are responsible for maintaining their weight and body fat standards.
- (5) PME facility personnel will weigh students reporting to the PME or AMS location without a weight certification memorandum. The unit WBFMP manager will take the body fat measurements on members not meeting the Air Force weight standards. Those members not meeting Air Force body fat standards will be returned to their home station at the parent unit's expense.

Table 1. Procedures for Measuring Weight and Height for Males and Females.

WEIGHT MEASUREMENTS:	Take weight measures before 1000 hours or as early in the shift as reasonably possible for shift workers. Clothing Worn: Members will be weighed in any uniform or gym clothing. Shoes will be removed and pockets will be emptied. Any extraneous equipment or outer clothing will be removed. When the BDU is worn, the BDU shirt may not be removed.
	While the individual is standing still, read the measurement while standing directly in front or behind the scale, if possible. Scales will be calibrated every 12 to 15 months. (Reference AFTO 33K-6-4-285-1, <i>Calibration Procedures</i>) Movement of scales should be avoided and the scales will be placed on a non-carpeted surface or plexiglass. Digital read out scales may be used if they can be calibrated.
	Record the weight to the nearest quarter-pound and subtract 3 pounds for any uniform combination or 2 pounds for gym clothing worn.
	Display AFVA 40-503, United States Air Force Maximum Allowable Weight (MAW) Table , near the scales.
HEIGHT MEASUREMENTS:	Take height measurements before 1000 hours or as early in the shift as reasonably possible for shift workers. The same height measurement taken at the beginning of the 90-Day Health Improvement Period may be used throughout the member's tenure in the WBFMP.
	Use the back-to-hard surface method. Use a properly calibrated index marked off in quarter inch increments mounted or placed on a firm vertical surface (i.e., wall). Take measurements against this index using a device with a true 90-degree angle (i.e., a drafting triangle or a bubble level) to ensure accurate measurement.
	Measure members with their shoes off, on a non-carpeted floor or a hard surface fixture (i.e., plexiglas or aluminum plate) and facing the person measuring them. Ensure that their heels are together, their backs straight, and the member's line of sight is horizontal.
	The measuring device will come to rest lightly on the crown of the head. Hairstyles must not impede the measuring device from resting lightly on the crown of the head. Read the measurement directly in front of the device, not at an angle from the side. Round the member's height up to the nearest quarter-inch when determining the interpolated weight (AFVA 40-503). Round the measurement up to the nearest half-inch when determining body fat.

4. Body Fat Measurements. Body Fat Measurements will be administered when a member:

- 4.1. Exceeds maximum allowable weight.
- 4.2. Appears to exceed Air Force body fat standards.
- 4.3. Does not present a professional military appearance.
- 4.4. When directed by the unit commander.

5. AETC Technical Training Actions.

5.1 Unit commanders and supervisors should ensure that personnel attending technical training present a professional military appearance. Members are ineligible to attend technical training if making unsatisfactory progress (WSC 2) in the WBFMP.

5.2. Technical training schools are not required to weigh or measure students upon their arrival. However, if a member is weighed at the TDY commander's discretion and is identified as overweight, the individual will be directed to have a body fat measurement accomplished by the nearest Health and Wellness Center (HAWC). TDY commanders will notify parent-unit commanders of any members who exceed the standards but are not in the WBFMP. Initial entry into the WBFMP can be at either the member's home unit or TDY location. Initial entry at the TDY location will only be when the TDY is 29 days or more and the member is medically qualified to enter the WBFMP. For TDYs less than 29 days, the home unit will accomplish WBFMP actions upon the return of the member concerned.

5.3. Members in the WBFMP (other than in WSC 2) departing on a TDY for 29 days or more will hand-carry a copy of their WBFMP case file to the TDY unit commander. The TDY commander will be responsible for taking the monthly weight measurements and the HAWC staff will take the body fat measurements. If an individual makes unsatisfactory progress while TDY, the TDY commander will consult with the parent commander before taking administrative actions. If the parent commander decides a demotion or discharge/separation action is required, return the member to their home unit at the parent unit's expense.

5.4. Over body fat flying training students are governed by AETCI 36-2205, *Flying Training Student Administration and Management*.

5.5. Over body fat basic military trainees are governed by 737 TRG Instruction 36-3, *Basic Military Training*.

Table 2. Procedures for Measuring Body Fat for Males. (see Notes)

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx (Adams Apple). Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
ABDOMEN:	With the member standing with arms at his sides and at the end of a normal relaxed exhalation, measure the abdominal circumference at the navel while keeping the tape level (horizontal) to the floor. Ensure that the tape measure is horizontal all the way around the abdomen. Round the abdomen measurement down to the nearest quarter inch.
BODY FAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by subtracting the neck measurement from the abdominal measurement to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the individual's height measurement.

NOTES:

- (1) Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Representatives of the same sex will take body fat measurements. Ideally the same individual should do the measurements on an ongoing basis.
- (2) Use only a Gulick tape measure. No other measurement technique is authorized for the WBFMP.
- (3) The same height measurement taken at the beginning of the 90-Day Health Improvement Period may be used throughout the member's tenure in the WBFMP.
- (4) Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform.
- (5) Neck and abdomen measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure that the tie is not worn.
- (6) When taking the abdomen measurement in any uniform, ensure that the waist on pants is loosened so as not to push up any skin.

Figure 1. Male Neck Measurement. (Front View)

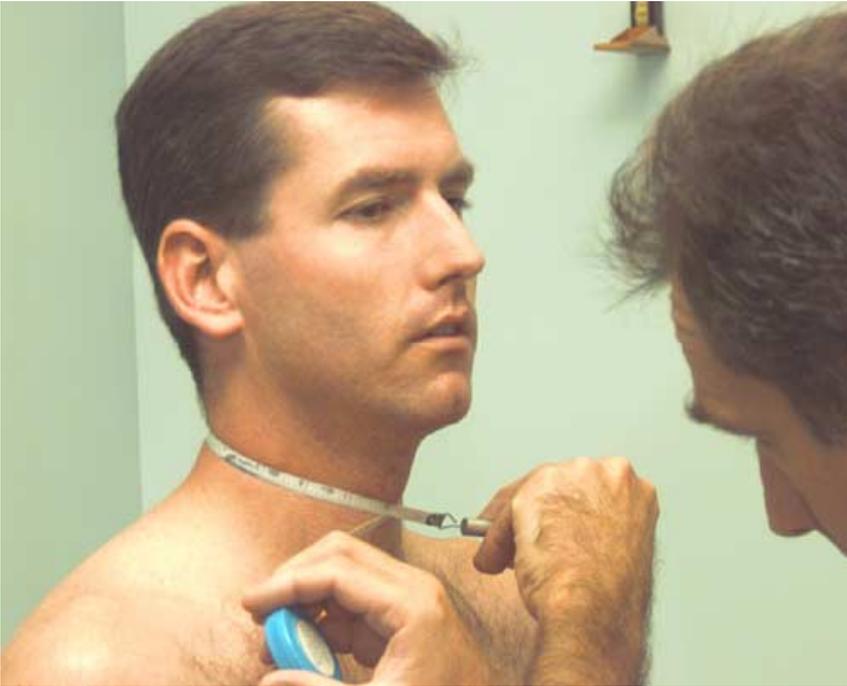


Figure 2. Male Neck Measurement. (Side View)



Figure 3. Male Waist Measurement. (Frontal View)



Figure 4. Male Waist Measurement. (Side View)

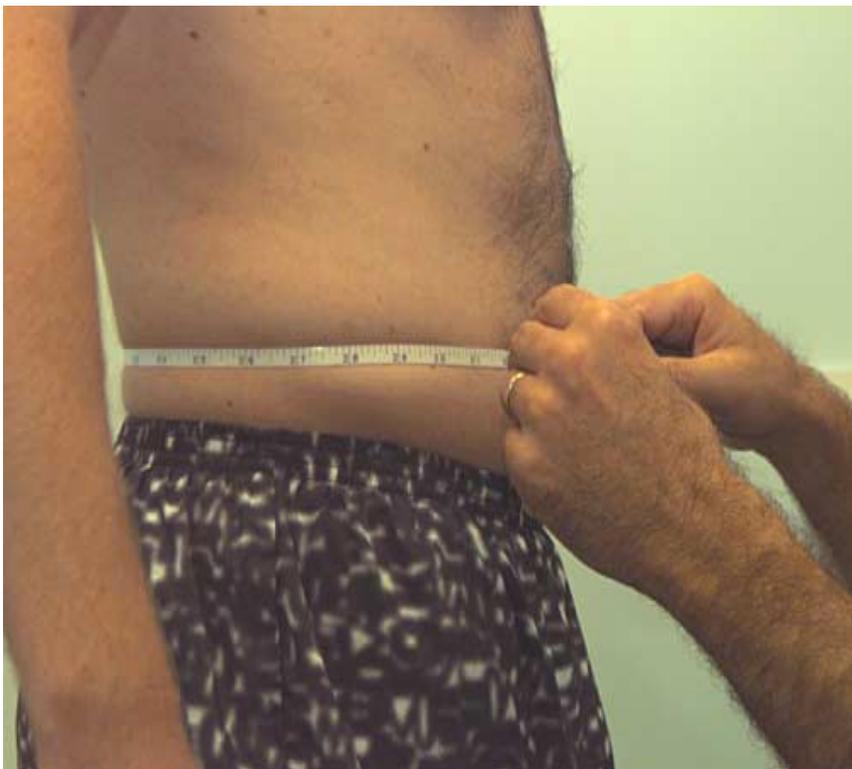


Figure 5. Male Waist Measurement. (Back View)



Table 3. Procedures for Measuring Body Fat for Females (see Notes)

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx. Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
WAIST:	With the member standing with arms at her sides and at the end of a normal relaxed exhalation, measure the natural waist circumference. Ensure that the tape measure is horizontal all the way around the waist. The natural waist circumference is the narrowest point, usually located about half way between the navel and the lower end of the sternum (breastbone). When it is not easy to distinguish the narrowest point, take several measurements and use the smallest measurement. Round the waist measurement down to the nearest quarter inch.
BUTTOCKS:	While facing the member's right side, and with the tape measure level (horizontal) to the floor, measure the buttocks circumference by placing the tape (ensure the tape measure is horizontal all the way around) so it passes over the buttocks at the point that protrudes the farthest. EXCEPTION: Ensure that no part of the leg or thigh is a part of the measurement. If so, raise the tape measure up (still keeping it horizontal) to the point in which no part of the leg or thigh is a part of the measurement. Round the buttock measurement down to the nearest quarter inch.
BODY FAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by adding the waist and buttocks measurements then subtracting the neck measurement from the sum to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the individual's height measurement.

NOTES:

- (1) Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Representatives of the same sex will take body fat measurements. Ideally the same individual should do the measurements on an ongoing basis.
- (2) Use only a Gulick tape measure. No other measurement technique is authorized for the WBFMP.
- (3) The same height measurement taken at the beginning of the 90-Day Health Improvement Period may be used throughout the member's tenure in the WBFMP.
- (4) Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform. Lycra or spandex garments cannot be worn. Pantyhose (support or nonsupport) and undergarments made of lycra or spandex cannot be worn.
- (5) Neck and waist measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure that the tie tab is not worn.
- (6) When taking the waist measurement in any uniform, ensure that the waist on pants or skirt is loosened so as not to push up any skin.
- (7) Take buttocks measurement around the nonrestrictive gym shorts or around the undergarment.

Figure 6. Female Neck Measurement. (Frontal View)



Figure 7. Female Neck Measurement. (Back View)



Figure 8. Female Neck Measurement. (Side View)



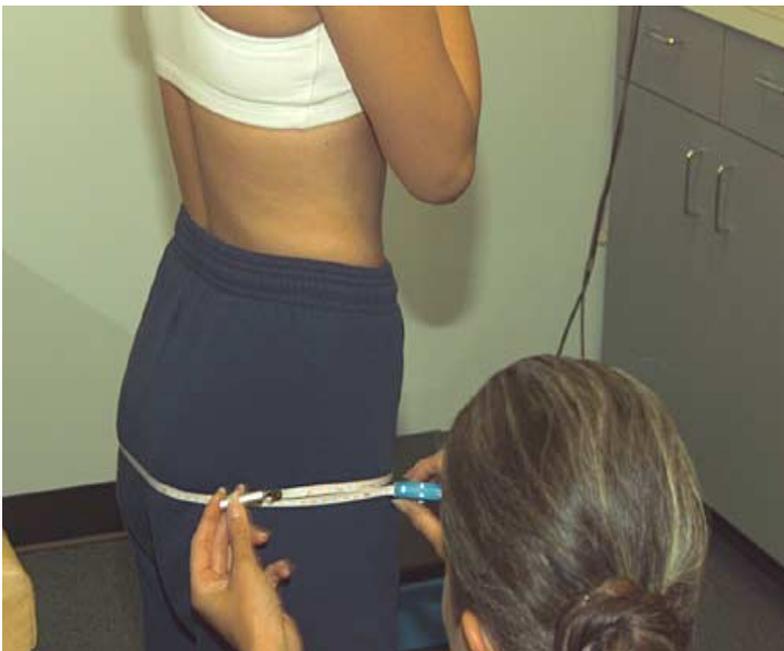
Figure 9. Female Waist Measurement. (Frontal View)



Figure 10. Female Waist Measurement. (Side View)



Figure 11. Female Buttock Measurement. (Side View)



6. Reenlistment Action.

6.1. Members are ineligible to reenlist while serving in Phase I of the WBFMP, and while on the 90-Day Health Improvement Period. 6.1.1. IAW ANGI 36-2002, unit commanders may grant extensions to members progressing satisfactorily while in Phase I of the WBFMP, or in the 90-Day Health Improvement Period. Extensions will be for a minimum of 6 months or the number of UTAs (no less than 30 days between UTAs) necessary to achieve standards.

6.2. Members in Phase II must reenlist for a period of 3, 4, 5 or 6 years IAW ANGI 36-2002.

NOTE:

Refer to ANGI 36-2002, *Enlistment and Reenlistment in the Air National Guard and as a Reserve of the Air Force*, for additional guidance.

7. Officer Promotion Actions While in the WBFMP.

7.1. Mandatory ROPMA promotions are governed by law.

7.2. Unit or higher level commanders have the authority to withhold a promotion for WBFMP. Unless delayed by the unit or higher level commander, the member will be promoted even if in the WBFMP.

7.3. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place.

7.4. Unit or higher level commanders can request approval by the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.

7.5. Ineligible for promotion for position vacancy promotions.

NOTE:

Refer to NGR (AF) 36-4, *Federal Recognition of Promotion in the Air National Guard of the United States and as a Reserve of the Air Force below the Grade of General Officer*, for additional information.

8. Enlisted Promotion Actions While in the WBFMP.

- 8.1. 90-Day Health Improvement Period (WSC 0): Ineligible for promotion.
- 8.2. Phase I (Satisfactory Progress) (WSC 1):
 - 8.2.1. Ineligible for promotion.
 - 8.2.2. Refer to ANGI 36-2502, *Promotion of Airman*, for additional information.
- 8.3. Phase I (Unsatisfactory Progress) (WSC 2): Ineligible for promotion.
- 8.4. Phase II (Observation Period) (WSC 3):
 - 8.4.1. Eligible for promotion.
 - 8.4.2. Promotions are not retroactive.
 - 8.4.3. Refer to ANGI 36-2502, *Promotion of Airman*, for additional information.
- 8.5. Temporary Medical Deferrals (WSC 5): Installation commanders may allow promotion for members in WSC 5 including temporary medical deferrals for pregnancy.

9. Inter/Intra-State Transfer Actions While in the WBFMP. Members may transfer, within the same AFSC, with gaining unit commander approval.

NOTE:

Refer to ANGI 36-2101, *Assignments within the Air National Guard*, for additional information.

10. Retraining Actions While in the WBFMP.

- 10.1. Members in the 90-Day Health Improvement Period and Phase I, WSC 1, 2, 5, and 6, are ineligible to apply for voluntary retraining. Members with an approved retraining prior to being enrolled in the WBFMP are eligible to retrain unless they are in Phase 1, WSC 2 (Unsatisfactory Progress).
- 10.2. Refer to AFI 36-2626, *Airman Retraining Program*, for additional information.

11. The Air Force Body Fat Standards. These are the Air Force's maximum body fat standards:

- 11.1. Twenty percent (20%) for men 29 years old and younger.
- 11.2. Twenty-four percent (24%) for men 30 years old and older.
- 11.3. Twenty-eight percent (28%) for women 29 years old and younger.
- 11.4. Thirty-two percent (32%) for women 30 years old and older.

12. Weight Status Codes (WSC). The unit commander and unit WBFMP manager use the following WSCs to track which phase of the WBFMP an individual is currently in:

- 12.1. WSC 0 - 90-Day Health Improvement Period (see Note 1).
- 12.2. WSC 1 - Satisfactory Progress (Phase I) (see Note 2).
- 12.3. WSC 2 - Unsatisfactory Progress (Phase I) (see Note 3).
- 12.4. WSC 3 - 6-Month Observation Period (Phase II) (refer to Paragraph 14.5.).

12.5. WSC 4 - Body Fat Standard Adjustment (refer to Paragraph 13.).

12.6. WSC 5 - Temporary Medical Deferral (Phase I) (refer to Paragraph 17.).

12.7. WSC 6 - Initial Entry (Phase I) (refer to Paragraph 14.2.).

NOTES:

(1) At the end of the 90-Day Health Improvement Period, members will be placed in either code WSC 6 or WSC 3. Refer to Paragraph 14.1. for additional information.

(2) *Satisfactory Progress*--A change in body fat composition or weight while in Phase I as specified in AFPD 40-5, *Fitness and Weight Management*, that results in a decrease of at least 1 percent in body fat per month or a weight loss of 3 pounds per month for women or 5 pounds per month for men. PDS code: WSC 1.

(3) *Unsatisfactory Progress*--Failure to reduce body fat or weight at the rates described for satisfactory progress while in Phase I or an increase in body fat resulting in an individual exceeding body fat standards while in Phase II. PDS code: WSC 2.

13. Processing Body Fat Standard Adjustments.

13.1. The unit commander may consider members for an upward body fat standard adjustment if the member is identified as over the body fat limits according to the body fat percent charts, but otherwise presents a professional military appearance. Only increases to the body fat percentage will be considered and the requested adjustment will not exceed the body fat percentage at which the member is measured.

13.1.1. To assess whether an individual should receive a body fat standard adjustment, the unit commander:

13.1.2. Refers the individual to the medical squadron for a medical recommendation for the body fat standard adjustment.

13.1.3. Sends the request for the body fat standard adjustment and the medical recommendation to the installation commander for approval/disapproval.

13.2. Installation commanders approve upward body fat standard adjustments for 12-month periods only. Unit commanders wanting to submit considerations for renewal or continuation of the body fat standard adjustment will submit them, with a medical recommendation attached, to the installation commander during the 11th month of the current adjustment period.

13.3. The unit WBFMP manager notifies the MPF for individuals who receive approved body fat standard adjustments. For the body fat standard adjustments use:

13.3.1. WSC 4 for individuals not currently entered in the WBFMP (i.e., member is identified as over body fat, but is granted a body fat standard adjustment by the installation commander in lieu of being enrolled in the WBFMP).

13.3.2. WSC 3 for individuals currently in Phase I of the WBFMP.

13.4. At the end of the body fat standard adjustment period (if not extended), the WBFMP manager will:

13.4.1. Take weight and body fat measurements and record the measurements on the NGB Form 160-1-R.

13.4.2. For members in the WBFMP with a body fat standard adjustment code of WSC 3, update as WSC 2 if not meeting the Air Force standard or WSC 1 if member is meeting the fat standard. WSC 1 is used to establish a new weight and body fat base line for members not within Air Force body fat standards.

13.4.3. For members not in the WBFMP with a body fat standard adjustment code of WSC 4: (1) Remove WSC 4 if meeting the standard. (2) For members not meeting the standard, enter them into the 90-Day Health Improvement Period. Members will follow the normal WBFMP process once entered into the 90-Day Health Improvement Period.

NOTE: Installation commanders will establish a consistent policy.

14. Weight and Body Fat Management Program Phases.

14.1. 90-Day Health Improvement Period (HIP):

14.1.1. This program is established to assist members in making gradual, but permanent exercise and dietary lifestyle changes.

14.1.2. Unit commanders, or designated representative, will refer members identified as exceeding Air Force body fat standards to the HPM to receive information/resources referencing exercise and dietary awareness.

14.1.3. The nutritional information given must meet AF Surgeon General guidelines.

14.1.4. Early removal from the 90-Day HIP is not authorized regardless of reaching their body fat standard.

14.1.5. The purpose of this stage is to help members identified as being over body fat standards to attain a behavior change in exercise and dietary habits.

14.1.6. Upon completion of the 90-Day HIP, the unit WBFMP manager will accomplish and annotate the body fat measurements on the NGB Form 160-1-R, **Weight and Body Fat Management Program (WBFMP) Documentation**.

14.1.7. Members are ineligible to attend officer or enlisted PME.

14.1.8. Enlisted members are ineligible for promotions.

14.1.9. Enlisted members are ineligible to reenlist; however members may extend with unit commanders approval.

14.1.10. No administrative actions may be taken against a member for not meeting Air Force body fat standards or due to a lack of progress in the loss of weight or body fat while in the 90-Day Health Improvement Period.

14.1.11. Eligibility for TDY: If TDY is 29 days or more and the 90-Day Health Improvement Period expires, the TDY commander will enter the member into the next appropriate phase of the WBFMP. If the TDY is less than 29 days, the member will be entered into the next appropriate phase upon return to home station.

14.1.12. Unit WFBMP will take weight and body fat measurements on a monthly basis, for feedback purposes only.

14.2. Phase I (Initial Entry):

14.2.1. The Unit Commander:

14.2.1.1. Places members who have not met the Air Force body fat standards in WSC 6, Initial Entry (Phase I), after members complete their 90-Day Health Improvement Period.

14.2.1.2. Advises members to seek medical advice prior to beginning a dietary and or exercise program.

14.2.1.3. Encourages members to remain in an exercise and dietary program after they complete the 90-Day Health Improvement Period.

14.2.2. The Unit WBFMP Manager:

14.2.2.1. Takes weight and body fat measurements on all WBFMP participants upon initial entry and on a monthly basis.

14.2.2.2. Uses the NGB Form 160-1-R to record medical deferrals, weight and body fat measurements, and administrative actions.

14.2.2.3. Updates appropriate WSC 0-6.

14.3. Phase II (Observation Period):

14.3.1. The Unit Commander enters individuals into Phase II who have met the AF body fat standards.

14.3.2. The Unit WBFMP Manager:

14.3.2.1. Administers the weight and body fat measurements on members monthly.

14.3.2.2. Removes members from the WBFMP after successfully completing Phase II (i.e., members must maintain their AF body fat standard for six consecutive months before being removed from the WBFMP).

NOTES:

(1) There must be at least 30 calendar days between assessment periods for administrative actions, as identified by Table 4.

(2) Commanders may enter members into Phase II from Phase I as soon as they meet body fat standards, even though the body fat measurement was not during an official assessment period.

15. Reentering Phase I of the WBFMP.

15.1. The unit commander reenters individuals into Phase I anytime they exceed body fat standards while in Phase II (Refer to Para 14.3. Phase I Initial Entry).

15.2. Members are not required to be re-entered into a 90-Day Health Improvement Period.

15.3. Members who re-enter Phase I must remain in WSC 2 for a minimum of 1 assessment period.

15.4. Members who reenter Phase I must progress through Phase II period again.

16. Unit Commander Requirements for Members Identified as Not Presenting a Professional Military Appearance.

16.1. The Unit Commander:

16.1.1. May require individuals who do not present a professional military appearance (regardless of weight or body fat percentage) to enter the 90-Day Health Improvement Period.

16.1.2. Must specify in writing, the date when individuals should complete the program and the requirements they must meet.

16.1.3. May extend the HIP beyond the three months until participants achieve a professional military appearance.

16.1.4. May allow individuals to exercise during duty hours, if appropriate.

16.1.5. There are no PDS codes for this program.

17. Processing Medical Deferrals.

17.1. Temporary medical deferrals (WSC 5) for Phase I participants:

17.1.1. Unit Commanders notify the individuals that they remain ineligible for certain career-related events such as promotions (for enlisted personnel—see Note), reenlistments, unit assignments (if making unsatisfactory progress), retraining, and attendance to PME and AMS.

17.1.2. The unit WBFMP manager updates the WSC 5. Members will not be measured for weight or body fat while in WSC 5.

17.1.3. For medical deferrals due to pregnancy, the deferral will expire 6 months after the pregnancy ends regardless of how the pregnancy ends. The unit commander may approve up to 18 months of deferral for pregnancy, based on a medical practitioner's recommendation.

17.1.4. In cases other than pregnancy, the unit commander may approve medical deferrals in 6-month increments, not to exceed 12 consecutive months. The unit commander recommends to the installation commander all deferrals exceeding 1 year.

17.1.5. The member is measured for weight and body fat after the deferral expires and entered into WSC 3 if meeting Air Force body fat standards or WSC 1 to establish a new baseline for weight and body fat for those members not meeting Air Force body fat standards.

NOTES:

(1) Unit commanders may approve a temporary medical deferral when recommended by the MDS medical squadron.

(2) The wing commander or equivalent level commander may allow promotion of enlisted members in WSC 5, Temporary Medical Deferral, including medical deferrals due to pregnancy, who are otherwise qualified.

17.2. Temporary medical deferrals for Phase II participants:

17.2.1. Members remain in Phase II, WSC 3, and are not coded as WSC 5. Members will not be measured for weight or body fat while in the medical deferral status.

17.2.2. For medical deferrals due to pregnancy, the deferral will expire 6 months after the pregnancy ends regardless of how the pregnancy ends.

17.2.3. Members will be removed from the WBFMP at the end of the WSC 3 (Phase II, 6-Month Observation Period) even though they were not being measured for body fat while in the medical deferral status.

18. Administrative Actions. Unit commanders take administrative action when a person doesn't make satisfactory progress (see Table 4.)

18.1. Unit commanders must make a recommendation to the installation commander to retain, or initiate separation action of a member on their fourth and subsequent unsatisfactory progress in the WBFMP.

18.2. If retained, the unit commander will assess the member after each subsequent failure.

18.3. The installation commander makes the final decision to retain, when deemed appropriate, the installation commander recommends separation action of members to the TAG.

Table 4. Guide for Administrative Actions for the WBFMP (see Notes)

	Unsatisfactory Period+							
	Options for Enlisted				Options for Officers			
	1 st	2 nd	3 rd	4 th	1 st	2 nd	3 rd	4 th
Verbal Counseling/Letter of Counseling	X				X			
Letter of Admonition	X				X			
Verbal Reprimand	X	X			X	X		
Letter of Reprimand	X	X	X		X	X	X	
Limit Supervisory Responsibilities	X	X	X		X	X	X	
Remove Supervisory Responsibilities	X	X	X		X	X	X	
Comments on OPRs and EPRs for Unsatisfactory Progress	X	X	X		X	X	X	
Administrative Demotion (Note 1)			X					
Administrative Separation (Note 2)			X	X				X
Retention with continuation in WBFMP and appropriate administrative actions from Third Unsatisfactory List				X				X

NOTES:

This figure provides the normal sequence and timing of administrative actions. Unit commanders exercise their prerogative when selecting actions from each unsatisfactory listing to document a member’s lack of progress in the WBFMP. Unit commanders should take progressively more severe administrative actions, based upon the number of unsatisfactory progress periods. Use one or more of the actions from the appropriate columns at each step. Don’t use the same administrative action consecutively more than two times (except for OPR/EPR (AGR only) comments, which you may use at any point and as often as necessary). Unsatisfactory periods don’t need to be consecutive for administrative actions.

(1) If the unit commander recommends demotion, follow the procedures contained in *ANGI 36-2503, Administrative Demotion of Airmen*. There is no provision for administratively demoting officers.

(2) The unit commander follows the procedures contained in *AFI 36-3209, Separation Procedures for Air National Guard and Air Force Reserve Members*. The unit commander will make a recommendation in writing to the installation commander on whether to retain, discharge, or separate a member on their fourth or subsequent unsatisfactory progress in the WBFMP. They must specify if this is the fourth or subsequent unsatisfactory progress period. For an officer, send the recommendation to retain, discharge, or separate to the initiating commander in accordance with *AFI 36-3209*. Commanders may use instances of unsatisfactory progress in the immediately preceding enlistment to establish a basis for separation on members being discharged or separated for failure in the WBFMP with at least one

instance of unsatisfactory progress in the WBFMP during the current enlistment. Refer to *AFI 36-3209* for more information.

19. WBFMP Procedures during Contingency and Mobilization Operations.

19.1. The WBFMP requirements which include weigh-ins, body fat measurements, and reporting are suspended for Air Force and Air National Guard personnel deployed to any code name operation (i.e., DESERT STORM, PROVIDE COMFORT, etc.) unless otherwise specified by the area theater commander. Mission priorities within a code name operation take precedence over WBFMP requirements.

19.2. The 90-day Health Improvement Period:

19.2.1. Members will be removed from the 90-Day Health Improvement Period when deployed to any code name operation.

19.2.2. Members will be weighed and measured for body fat upon their return from the deployment.

19.2.2.1. Members within the Air Force body fat standards will be entered into WSC 3, Phase II, 6-Month Observation Period.

19.2.2.2. Members exceeding Air Force body fat standards will be reentered into the 90-Day Health Improvement Period upon their return from the deployment.

19.3. Phase I Participants are responsible for continuing a proper exercise and diet regimen in an effort to continue weight and body fat loss.

19.3.1. Commanders should be made aware prior to making the decision to deploy a member to any of these locations that Phase I participants in WSC 1, WSC 2, WSC 5, and WSC 6 will remain in those codes during the deployment period even though they won't be monitored. Members will also be advised of these actions.

19.3.2. Participants will be weighed and measured for body fat upon return from the deployment and entered into WSC 1 or WSC 3 only.

19.3.3. The unit WBFMP manager at the member's home station will follow monthly weight and body fat measurement procedures after the participant has been entered in WSC 1 or WSC 3.

19.4. Phase II Participants are responsible for continuing a proper exercise and diet regimen in an effort to maintain Air Force body fat standards.

19.4.1. The unit WBFMP manager at the member's home station removes the member from the WBFMP at the end of the 6-Month Observation Period regardless of the number of measurements taken. (i.e., when a participant in Phase II is deployed, ensure member is removed from the WBFMP at the end of the 6-Month Observation Period even though the member was unavailable for the weight and body fat measurements).

19.4.2. Participants still within the 6-Month Observation Period will be weighed and measured for body fat upon return from the deployment to determine if they are still within Air Force body fat standards.

19.4.3. If they are within the Air Force body fat standards, they progress through the WBFMP accordingly.

19.4.4. Commanders will allow a 30-day grace period from the date of these measurements for participants not within body fat standards. Participants will be re-entered into Phase I (WSC 1) if not within Air Force body fat standards at the end of the 30-day grace period.

20. NGB Form 160-1-R, Weight and Body Fat Management Program (WBFMP) Documentation.

20.1. The unit commander or unit WBFMP manager uses NGB Form 160-1-R to document an individual's date of entry, WSC changes, temporary medical deferral from Phase I, approval or disapproval for an adjusted body fat standard, and reenlistment eligibility. The WSC change is effective on the date the unit commander signs the NGB Form 160-1-R.

20.2. The unit WBFMP manager uses NGB Form 160-1-R to document an individual's status, progress, and administrative actions given while in the WBFMP.

20.3. File a copy of the NGB Form 160-1-R into the member's WBFMP case file and dispose of IAW AFMAN 37-139, *Records Disposition*.

21. Weight and Body Fat Management Program Case File.

21.1. The unit WBFMP manager files the following 3 documents: (1) NGB Form 160-1-R (2) **Records of Administrative Actions** (3) Any other pertinent documents in the WBFMP case file.

21.2. Dispose of the WBFMP file IAW AFMAN 37-139.

22. Transition Period.

22.1. The 1-Year Probation Period has been eliminated from the WBFMP. Members currently in WSC 7 will be removed from the WBFMP immediately.

22.2. All others will remain in their current WBFMP status.

23. Form Prescribed. NGB Form 160-1-R, Weight and Body Fat Management Program (WBFMP) Documentation.

23.1. ANGI 40-502, *The Weight and Body Fat Management Program* is the publication that requires the use of this form.

23.2. Instructions for completing NGB Form 160-1-R:

23.2.1. Section I. Identification Data.

23.2.1.1. Name, grade, SSAN, unit/duty phone, date of birth, date weighed, height, weight, are self-explanatory.

23.2.1.2. Body Fat %. Use Table 2, Procedures for Measuring Body Fat for Males or Table 3, Procedures for Measuring Body Fat for Females, to determine member's circumference value. Next, use Attachment 4, Male Body Fat Percentage Table Height or Attachment 5, Female Body Fat Percentage Table Height, and compare this value to the individual's height measurement.

23.2.1.3. WT STD (Weight Start Date) and Body Fat STD (Start Date). The date the individual was weighed and measured.

23.2.1.4. BODY FAT ADJ: Refer to 13. Processing Body Fat Standard Adjustments. Once the medical squadron makes a recommendation and the Installation Commander approves the adjustment, enter the individual's actual body fat adjustment.

23.2.2. Section II. Health Promotion Manager Appointment: Self-explanatory, check appropriate block. The date the unit commander signs this section, is the effective date of entry into the WBFMP for the individual.

23.2.3. Section III. Unit Commander's Action: Check applicable block to the left and enter appropriate data.

- 23.2.4. Section IV. Member's Action: Self-explanatory.
- 23.2.5. Section V. Official Monthly Progress Assessments: Self-explanatory.
- 23.2.6. Section, VI. Type of Administrative Actions Taken: Self-explanatory.
- 23.2.7. Section VII. Comments/Remarks: Self-explanatory.
- 23.3. NGB Form 160-1-R follows on the next page.

Weight and Body Fat Management Program (WBFP) Documentation

Privacy Act Statement

AUTHORITY: 10 U.S.C. 8013
 PRINCIPLE PURPOSE: To standardize documentation of information for ANG Weight and Body Fat Management Program.
 ROUTINE USES: None
 DISCLOSURE: Voluntary. Failure to provide or satisfy the required information could result in disciplinary action to include separation. Social Security Number is necessary for positive identification of individual records.

SECTION I. IDENTIFICATION DATA

NAME (Last, First, Middle Initial)				GRADE	SSAN		UNIT/DUTY PHONE
DATE OF BIRTH	DATE WEIGHED	HEIGHT	WEIGHT	BODY FAT %	WT STD	BODY FAT STD	BODY FAT ADJ

SECTION II. HEALTH PROMOTION MANAGER APPOINTMENT

The results of a recent weight check and body fat measurement show you exceed your body fat standard. Entry into the WBFP and a 90-day Health Improvement Period (HIP) is required. Accordingly, I have scheduled you for an appointment with the Health Promotions Manager. Acknowledge the dates and times of your appointment below.

The results of a recent weight check and body fat measurement show you are within your body fat standard. However, you do not present a professional military appearance. Therefore, entry into the WBFP and a 90-day Health Improvement Period (HIP) is required. Accordingly, I have scheduled you for an appointment with the Health Promotions Manager. Acknowledge the dates and times of your appointment below.

Date of appointment with Health Promotion Manager	Time
---	------

UNIT COMMANDER'S NAME AND GRADE	SIGNATURE	DATE
MEMBER'S NAME AND GRADE	SIGNATURE	DATE

SECTION III. UNIT COMMANDER'S ACTION

Enter in WBFP 90-day HIP effective:	Weight	Body Fat %
Enter in WBFP Phase I HIP effective:	Weight	Body Fat %
Enter in WBFP Phase II HIP effective:	Weight	Body Fat %
Reenter in WBFP Phase I HIP effective:	Weight	Body Fat %
UNIT COMMANDER'S NAME AND GRADE	SIGNATURE	DATE

SECTION IV. MEMBER'S ACTION

I understand I may request additional information from my supervisor, unit WBFP manager, first sergeant, or unit commander. I have been scheduled for an appointment with the Health Promotion Manager. I have been instructed to seek medical advice prior to beginning a diet and exercise program. I must seek this advice at my own expense (AGRs use appropriate medical benefits). I understand it is my responsibility to notify my unit commander if I have a pre-existing medical condition, documented by my practitioner, that would preclude me from making satisfactory progress, or participating in a diet and exercise program. I have been provided a copy of the overview in ANGI 40-502, and understand the information it contains.

MEMBER'S NAME AND GRADE	SIGNATURE	DATE
-------------------------	-----------	------

SECTION V. OFFICIAL MONTHLY PROGRESS ASSESSMENTS

DATE WEIGHED	WT	BF%	WAIST OR ABDOMEN	HIPS	NECK	CIRCUM VALUE	(GAIN OR LOSS) WEIGHT/BF%	MEMBER'S SIGNATURE	WBFP'S SIGNATURE

PAUL A. WEAVER, JR.
Major General, USAF
Director, Air National Guard

OFFICIAL

DEBORAH GILMORE
Chief
Support Services

Attachment 1**GLOSSARY of REFERENCES and SUPPORTING INFORMATION*****References***

DoDD 1308.1, *DoD Physical Fitness and Body Fat Program*

DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*

AFI 33-360, Volume 1, *Publications Management Program*

AFI 36-3209, *Separation and Retirement Procedures for Air National Guard and Air Force Reserve Members*

AFPD 40-5, *Fitness and Weight Management*

AFTO 33K-6-4-285-1, *Calibration Procedures*

AFVA 40-503, *United States Air Force Maximum Allowable Weight (MAW) Table*

AETCI 36-2205, *Flying Training Student Administration and Management*

ANGI 36-2002, *Enlistment and Reenlistment in the Air National Guard and as a Reserve of the Air Force*

ANGI 36-2101, *Assignments Within the Air National Guard*

ANGI 36-2501, *Promotion of Airmen, Air National Guard*

ANGI 36-2503, *Administrative Demotion of Airmen*

ANGI 36-3201, *Air National Guard Separation Documents*

NGR (AF) 36-4, *Federal Recognition of Promotion in the Air National Guard of the United States and as a Reserve of the Air Force below the Grade of General Officer*

System of Records Notice F044 AF PC A 035, *Individual Weight Management File*

Abbreviations and Acronyms

ADT---Active Duty for Training

AFPD---Air Force Policy Directive

AFI---Air Force Instruction

ALS---Airman Leadership School

AMS---Academy of Military Science

DoD---Department of Defense

DoDD---Department of Defense Directive

DoDI---Department of Defense Instruction

BFM---Body Fat Measurement

DP---Director of Personnel

HIP---Health Improvement Period

HPM---Health Promotion Manager

MAJCOM---Major Command

MPF---Military Personnel Flight

MDS---Medical Squadron

NCOA---NCO Academy

PCS---Permanent Change of Station

PDS---Personnel Data System

PME---Professional Military Education

SAV---Staff Assistance Visit

SNCOA---Senior NCO Academy

TAG---The Adjutant General

TDY---Temporary Duty

UTA---Unit Training Assembly

WBFMP---Weight and Body Fat Management Program

WSC---Weight Status Code

Terms

Assessment Period—A period of time used to measure body fat. There must be at least 30 calendar days between assessment periods for administrative purposes.

Body Fat Measurement (BFM)--Determining an individual's body fat percentage by using circumferential measurement technique as described in Paragraph 1., and Tables 2. and 3.

Body Fat Percentage--The weight of the fat in an individual's body as a percentage of total body weight.

Gulick Tape Measure: A spring-loaded circumferential measurement device, which exerts a constant pull on the tape for more accurate and reliable measurements. Non-metallic and non-stretch.

MPF Installation Weight and Body Fat Program Manager—Individual appointed by MPF commander to manage the WBFMP and to provide procedural guidance to supported units.

Medical Practitioner: A physician, a physician's assistant (PA), or nurse practitioner (NP) working under a physician's supervision, who is authorized to certify the individual's overfat condition is

controllable and the body fat measurement was properly administered. Certifies individual is not medically precluded from entry into an exercise program.

Monthly--A calendar month or the period of time from any day of one month to the corresponding day of the next month. (e.g., if the member's weight and body fat measurements were taken on 15 Mar 99, the next measurements will be taken on 15 Apr 99). If there are not 30 days between UTAs/SUTAs then go to the next scheduled UTA/SUTA to conduct an official body fat measurement.

Observation Period (Weight and Body Fat Management Program (WBFMP) Phase II)--A 6-month period after the member has met the body fat standards, during which the member continues monthly body fat measurements to monitor fitness and dietary habits. Weight Status Code (WSC) 3.

Overfat—Exceeds the body fat standards prescribed in Paragraph 11.

Personnel Data System (PDS)--A collective term encompassing the total vertical computerized personnel data system. Use it when you're not referencing a specific subsystem.

Physical Fitness--The ability to rapidly transform stored energy into work. The ability to do daily tasks efficiently, without undue fatigue, and has ample energy remaining for military contingencies, emergencies, and leisure pursuits.

Physical Profile Serial Report (AF Form 422)--As specified in AFI 48-123, *Medical Examination and Medical Standards*, use this AF Form 422 to communicate information from the medical facility to personnel, command, and training authorities. The form describes the examinee's condition in non-technical terms, and records duty restrictions and assignment limitations.

Satisfactory Progress—A change in body fat composition or weight while in Phase I as specified in AFPD 40-5 that results in a decrease of at least 1 percent in body fat per month or a weight loss of 3 pounds per month for women or 5 pounds per month for men. PDS code: WSC 1. While in Phase II, maintaining a body fat percentage that is at or below the maximum body fat percentage.

Temporary Medical Deferral--A temporary deferral from the WBFMP for documented medical reasons. A medical practitioner makes the recommendation and the unit commander must approve the deferral. With the exception of pregnancy deferrals, approved and revalidated deferrals by the unit commander must not exceed increments of 6 months. PDS code: WSC 5 for Phase I deferral only.

Unit Weight and Body Fat Program Manager--An individual selected by the unit commander to assist and advise the unit commander in the administration of the WBFMP.

Unsatisfactory Progress--Failure to reduce body fat and weight at the rates described for satisfactory progress while in Phase I or an increase in body fat resulting in an individual's exceeding body fat

standards while in Phase II. PDS code: WSC 2. The member must fail the 1 percent body fat loss or the appropriate weight loss to be considered unsatisfactory.

Weight and Body Fat Management Program (WBFMP)--A rehabilitative program designed to assist overfat individuals in meeting and maintaining Air Force body fat standards.

Weight Status Codes (WSC)--The PDS codes identifying an individual's current status in the WBFMP.

90-Day Health Improvement Period--First 90 days (calendar) of the WBFMP during which a member is referred to the HPM. Members will be placed in either code WSC 6 or WSC 3 at the end of the 3-month period. This program is established to assist members in making gradual but permanent exercise and dietary lifestyle changes.

Attachment 2**WEIGHT and BODY FAT MANAGEMENT PROGRAM OVERVIEW**

A2.1. Unit commanders will provide a copy of this overview to all members upon enrollment in the 90-Day Health Improvement Period.

A2.2. Members will be:

- Enrolled in a 90-Day Health Improvement Period by the unit commander when identified as exceeding AF body fat standards.
- Referred to the HPM by the unit commander to receive information on exercise and diet.
- Entered into WBFMP when they exceed Air Force body fat standards, are medically cleared, receive exercise and dietary education, and complete the 90-Day Health Improvement Period. These requirements must be met prior to entry into Phase I or Phase II.

A2.3. The Installation Commander may adjust a member's body fat standard upward based on the recommendation of the unit commander and the MDS WBFMP representative if they exceed Air Force body fat standards, but present a professional military appearance and appear to be fit.

A2.3.1. Members enrolled in the 90-Day Health Improvement Period (WSC 0):

- Prohibited from early removal from this program regardless of reaching Air Force body fat standards prior to completing the 90-Day Health Improvement Period. The purpose of this stage is to help members identified as over body fat to attain a behavior change in exercise and diet habits.
- Enlisted members are ineligible for promotions
- Officers: Unit or higher level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher level commander, the member will be promoted even while in the 90-Day Health Improvement Period. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place. Unit or higher level commanders can request approval to the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.
- Officers are ineligible for position vacancy promotions.
- Enlisted members are ineligible to reenlist.
- Ineligible to attend officer or enlisted PME.
- No administrative actions may be taken against a member for not meeting Air Force body fat standards or not making progress in the loss of weight or body fat during this period.

A2.3.2. Members in Phase I:

- Enlisted members are ineligible to re-enlist, however they are eligible to extend.
- Ineligible to attend PME.
- Ineligible to voluntarily retrain.
- Weighed and measured for body fat loss monthly by unit WBFMP manager. The unit WBFMP manager will take the weight and body fat measurements.
- Must reduce 1- percent body fat each month or lose 3 pounds (women) or 5 pounds (men) per month.

---Unsatisfactory progress occurs when the member fails to comply with the above monthly loss requirements or are re-entered into Phase I from Phase II.

---Unsatisfactory progress results in:

----Ineligible for reassignment.

----Administrative action by unit commander (see Table 4., Guide for Administrative Actions for the WBFMP).

----Administrative separation or discharge is considered on the fourth and subsequent unsatisfactory progress.

A2.3.3. Members in Phase II:

- Progresses to the 6-Month Observation Period (Phase II) upon attaining body fat standard and has completed the 90-Day Health Improvement Period.
- Are eligible for reassignment, reenlistment, voluntary retraining, PME and promotion
- Must maintain or be below the Air Force body fat standards at all times during this period. Body fat is measured monthly.
- Should continue to exercise and diet appropriately.
- If body fat standards are exceeded during Phase II, member is reentered into Phase I, unsatisfactory progress with administrative actions.
- Once body fat standards have been maintained for 6 months, all the WBFMP data is removed from PDS, and the WBFMP case file is returned to the member. Destroy the WBFMP case file if member does not accept. If the member is deployed while in Phase II, the member will be removed from the WBFMP at the end of the 6-Month Observation Period even though the member was unavailable for the body fat measurements.

A2.3.4. Entry into the WBFMP affects promotions as follows:

- Officer promotion actions:
 - Are governed by law (ROPMA).
 - Unit or higher level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher level commander, the member will be promoted even if in the WBFMP.
 - If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place.
 - Unit or higher level commanders can request approval by the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.
 - Refer to AFI 36-2501, *Officer Promotions and Selective Continuation*, for additional information
- Enlisted promotion actions:
 - Phase I (Satisfactory Progress [WSC 1]) --- Ineligible for promotion.
 - Temporary Medical Deferrals (WSC 5): Installation commanders may allow promotion for members in WSC 5 (Temporary Medical Deferral) including temporary medical deferrals for pregnancy
- Phase I (Unsatisfactory Progress [WSC 2])

- Ineligible for promotion
- Phase II (Observation Period [WSC 3])
 - Installation commanders may approve requests submitted by unit commanders for members that are in Phase II.
 - Eligible for promotion
 - Promotions are not retroactive
 - Refer to ANGI 36-2502, *Promotion of Airmen*, for additional information

Attachment 3

**UNITED STATES AIR FORCE
MAXIMUM ALLOWABLE WEIGHT (MAW) TABLE**

**MEN
Interpolated
Weight**

**WOMEN
Interpolated
Weight**

Height	MAW	1/4"	1/2"	3/4"	Desired Weight
60	153	153 1/2	154	154 1/2	138
61	155	155 1/2	156 1/2	157 1/4	140
62	158	158 1/2	159	159 1/2	142
63	160	161	162	163	144
64	164	165 1/4	166 1/2	167 3/4	148
65	169	170 1/4	171 1/2	172 3/4	152
66	174	175 1/4	176 1/2	177 3/4	157
67	179	180 1/4	181 1/2	182 3/4	161
68	184	185 1/4	186 1/2	187 3/4	166
69	189	190 1/4	191 1/2	192 3/4	170
70	194	195 1/4	196 1/2	197 3/4	175
71	199	200 1/2	202	203 1/2	179
72	205	206 1/2	208	209 1/2	185
73	211	212 3/4	214 1/2	216 1/4	190
74	218	219 1/2	221	222 1/2	196
75	224	225 1/2	227	228 1/2	202
76	230	231 1/2	233	234 1/2	207
77	236	237 1/2	239	240 1/2	212
78	242	243 1/2	245	246 1/2	218
79	248	249 1/2	251	252 1/2	223
80	254	255 1/2	257	258 1/2	229

Height	MAW	1/4"	1/2"	3/4"	Desired Weight
60	136	136 1/2	137	137 1/2	122
61	138	138 3/4	139 1/2	140 1/4	124
62	141	141 1/4	141 1/2	141 3/4	127
63	142	143	144	145	128
64	146	147	148	149	131
65	150	151 1/4	152 1/2	153 3/4	135
66	155	156	157	158	139
67	159	160 1/4	161 1/2	162 3/4	143
68	164	165	166	167	148
69	168	169 1/4	170 1/2	171 3/4	151
70	173	174	175	176	156
71	177	178 1/4	179 1/2	180 3/4	159
72	182	183 1/2	185	186 1/2	164
73	188	189 1/2	191	192 1/2	169
74	194	195 1/4	196 1/2	197 3/4	175
75	199	200 1/2	202	203 1/2	179
76	205	206 1/4	207 1/2	208 3/4	184
77	210	211 1/4	212 1/2	213 3/4	189
78	215	216 1/2	218	219 1/2	193
79	221	222 1/4	223 1/2	224 3/4	199
80	226	227 1/2	229	230 1/2	203

NOTES:

- (1) For every inch less than 60 inches, subtract 2 pounds from the MAW.
- (2) For every inch over 80 inches, add 6 pounds to the MAW.
- (3) Measure without shoes.
- (4) Subtract 3 pounds for any military uniform and 2 pounds for gym clothing.

Attachment 4
Male Body Fat Percentage Table
Height (Inches)

CIRCUM										
VALUE	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
11.00	3	2	2	2	2	1	1	0	0	0
11.25	3	3	3	3	2	2	2	2	1	1
11.50	4	4	4	3	3	3	3	2	2	2
11.75	5	5	4	4	4	4	3	3	3	3
12.00	6	5	5	5	5	4	4	4	4	3
12.25	6	6	6	6	5	5	5	5	4	4
12.50	7	7	6	6	6	6	6	5	5	5
12.75	8	7	7	7	7	6	6	6	6	6
13.00	8	8	8	8	7	7	7	7	6	6
13.25	9	9	9	8	8	8	8	7	7	7
13.50	10	9	9	9	9	8	8	8	8	8
13.75	10	10	10	10	9	9	9	9	8	8
14.00	11	11	10	10	10	10	10	9	9	9
14.25	12	11	11	11	11	10	10	10	10	9
14.50	12	12	12	11	11	11	11	11	10	10
14.75	13	13	12	12	12	12	11	11	11	11
15.00	13	13	13	13	12	12	12	12	12	11
15.25	14	14	14	13	13	13	13	12	12	12
15.50	15	14	14	14	14	13	13	13	13	12
15.75	15	15	15	14	14	14	14	13	13	13
16.00	16	15	15	15	15	15	14	14	14	14
16.25	16	16	16	16	15	15	15	15	14	14
16.50	17	17	16	16	16	16	15	15	15	15
16.75	17	17	17	17	16	16	16	16	15	15
17.00	18	18	17	17	17	17	16	16	16	16
17.25	18	18	18	18	17	17	17	17	17	16
17.50	19	19	19	18	18	18	18	17	17	17
17.75	20	19	19	19	19	18	18	18	18	17
18.00	20	20	20	19	19	19	19	18	18	18
18.25	21	20	20	20	20	19	19	19	19	18
18.50	21	21	21	20	20	20	20	19	19	19
18.75	22	21	21	21	21	20	20	20	20	19
19.00	22	22	22	21	21	21	21	20	20	20
19.25	23	22	22	22	22	21	21	21	21	20
19.50	23	23	23	22	22	22	22	21	21	21
19.75	23	23	23	23	22	22	22	22	22	21
20.00	24	24	23	23	23	23	22	22	22	22
20.25	24	24	24	24	23	23	23	23	22	22
20.50	25	25	24	24	24	24	23	23	23	23
20.75	25	25	25	25	24	24	24	24	23	23
21.00	26	26	25	25	25	25	24	24	24	24
21.25	26	26	26	25	25	25	25	25	24	24
21.50	27	26	26	26	26	25	25	25	25	24
21.75	27	27	27	26	26	26	26	25	25	25
22.00	28	27	27	27	27	26	26	26	26	25

CIRCUM										
VALUE	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
22.25	28	28	27	27	27	27	27	26	26	26
22.50	28	28	28	28	27	27	27	27	26	26
22.75	29	29	28	28	28	28	27	27	27	27
23.00	29	29	29	29	28	28	28	28	27	27
23.25	30	29	29	29	29	28	28	28	28	27
23.50	30	30	30	29	29	29	29	28	28	28
23.75	31	30	30	30	29	29	29	29	29	28
24.00	31	31	30	30	30	30	29	29	29	29
24.25	31	31	31	31	30	30	30	30	29	29
24.50	32	31	31	31	31	30	30	30	30	29
24.75	32	32	32	31	31	31	31	30	30	30
25.00	33	32	32	32	31	31	31	31	30	30
25.25	33	33	32	32	32	32	31	31	31	31
25.50	33	33	33	33	32	32	32	31	31	31
25.75	34	33	33	33	33	32	32	32	32	31
26.00	35	34	34	33	33	33	32	32	32	32
26.25	34	34	34	34	33	33	33	33	32	32
26.50	35	35	34	34	34	33	33	33	33	32
26.75	35	35	35	34	34	34	34	33	33	33
27.00	36	35	35	35	34	34	34	34	33	33
27.25	36	36	35	35	35	35	34	34	34	34
27.50	36	36	36	35	35	35	35	34	34	34
27.75	37	36	36	36	36	35	35	35	35	34
28.00	37	37	36	36	36	36	35	35	35	35
28.25	37	37	37	37	36	36	36	35	35	35
28.50	38	37	37	37	37	36	36	36	36	35
28.75	38	38	37	37	37	37	36	36	36	36
29.00	38	38	38	38	37	37	37	37	36	36
29.25	39	38	38	38	38	37	37	37	37	36
29.50	39	39	39	38	38	38	37	37	37	37
29.75	39	39	39	39	38	38	38	38	37	37
30.00	40	39	39	39	39	38	38	38	38	37
30.25	40	40	40	39	39	39	38	38	38	38
30.50	40	40	40	40	39	39	39	39	38	38
30.75	41	40	40	40	40	39	39	39	39	38
31.00	41	41	40	40	40	40	39	39	39	39
31.25	41	41	41	41	40	40	40	40	39	39
31.50	42	41	41	41	41	40	40	40	40	39
31.75	42	42	41	41	41	41	40	40	40	40
32.00	42	42	42	42	41	41	41	40	40	40
32.25	43	42	42	42	42	41	41	41	41	40
32.50	43	43	42	42	42	42	41	41	41	41
32.75	43	43	43	42	42	42	42	41	41	41
33.00	44	43	43	43	42	42	42	42	41	41
33.25	44	44	43	43	43	43	42	42	42	42
33.50	44	44	44	43	43	43	43	42	42	42
33.75	44	44	44	44	43	43	43	43	42	42
34.00	45	45	44	44	44	43	43	43	43	42
34.25	45	45	45	44	44	44	43	43	43	43
34.50	45	45	45	45	44	44	44	44	43	43

CIRCUM										
VALUE	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
34.75	46	45	45	45	45	44	44	44	44	43
35.00	46	46	45	45	45	45	44	44	44	44
35.25	46	46	46	45	45	45	45	44	44	44

CIRCUM										
VALUE	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	1	0	0	0	0	0	0	0	0	0
11.50	2	2	1	1	0	0	0	0	0	0
11.75	3	2	2	2	2	1	1	1	0	0
12.00	3	3	3	3	2	2	2	2	2	1
12.25	4	4	4	3	3	3	3	3	2	2
12.50	5	4	4	4	4	4	3	3	3	3
12.75	5	5	5	5	5	4	4	4	4	3
13.00	6	6	6	5	5	5	5	5	4	4
13.25	7	6	6	6	6	6	5	5	5	5
13.50	7	7	7	7	6	6	6	6	6	5
13.75	8	8	8	7	7	7	7	7	6	6
14.00	9	8	8	8	8	8	7	7	7	7
14.25	9	9	9	9	8	8	8	8	8	7
14.50	10	10	9	9	9	9	9	8	8	8
14.75	10	10	10	10	10	9	9	9	9	9
15.00	11	11	11	10	10	10	10	10	9	9
15.25	12	11	11	11	11	11	10	10	10	10
15.50	12	12	12	12	11	11	11	11	11	10
15.75	13	13	12	12	12	12	12	11	11	11
16.00	13	13	13	13	12	12	12	12	12	11
16.25	14	14	13	13	13	13	13	12	12	12
16.50	14	14	14	14	14	13	13	13	13	13
16.75	15	15	15	14	14	14	14	13	13	13
17.00	16	15	15	15	15	14	14	14	14	14
17.25	16	16	16	15	15	15	15	15	14	14
17.50	17	16	16	16	16	16	15	15	15	15
17.75	17	17	17	16	16	16	16	16	15	15
18.00	18	17	17	17	17	17	16	16	16	16
18.25	18	18	18	17	17	17	17	17	16	16
18.50	19	18	18	18	18	18	17	17	17	17
18.75	19	19	19	18	18	18	18	18	17	17
19.00	20	19	19	19	19	19	18	18	18	18
19.25	20	20	20	19	19	19	19	19	18	18
19.50	21	20	20	20	20	19	19	19	19	19
19.75	21	21	21	20	20	20	20	19	19	19
20.00	22	21	21	21	21	20	20	20	20	20
20.25	22	22	22	21	21	21	21	20	20	20
20.50	22	22	22	22	22	21	21	21	21	20
20.75	23	23	22	22	22	22	22	21	21	21
21.00	23	23	23	23	22	22	22	22	22	21
21.25	24	24	23	23	23	23	22	22	22	22
21.50	24	24	24	24	23	23	23	23	22	22

CIRCUM										
VALUE	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
21.75	25	24	24	24	24	24	23	23	23	23
22.00	25	25	25	24	24	24	24	24	23	23
22.25	26	25	25	25	25	24	24	24	24	23
22.50	26	26	25	25	25	25	25	24	24	24
22.75	26	26	26	26	25	25	25	25	25	24
23.00	27	27	26	26	26	26	25	25	25	25
23.25	27	27	27	27	26	26	26	26	25	25
23.50	28	27	27	27	27	26	26	26	26	26
23.75	28	28	28	27	27	27	27	26	26	26
24.00	28	28	28	28	27	27	27	27	27	26
24.25	29	29	28	28	28	28	27	27	27	27
24.50	29	29	29	29	28	28	28	28	27	27
24.75	30	29	29	29	29	28	28	28	28	28
25.00	30	30	30	29	29	29	29	28	28	28
25.25	30	30	30	30	29	29	29	29	29	28
25.50	31	31	30	30	30	30	29	29	29	29
25.75	31	31	31	30	30	30	30	29	29	29
26.00	32	31	31	31	31	30	30	30	30	29
26.25	32	32	31	31	31	31	30	30	30	30
26.50	32	32	32	32	31	31	31	31	30	30
26.75	33	32	32	32	32	31	31	31	31	31
27.00	33	33	32	32	32	32	32	31	31	31
27.25	33	33	33	33	32	32	32	32	31	31
27.50	34	33	33	33	33	33	32	32	32	32
27.75	34	34	34	33	33	33	33	32	32	32
28.00	34	34	34	34	33	33	33	33	33	32
28.25	35	35	34	34	34	34	33	33	33	33
28.50	35	35	35	34	34	34	34	33	33	33
28.75	35	35	35	35	34	34	34	34	34	33
29.00	36	36	35	35	35	35	34	34	34	34
29.25	36	36	36	35	35	35	35	34	34	34
29.50	36	36	36	36	35	35	35	35	35	34
29.75	37	37	36	36	36	36	35	35	35	35
30.00	37	37	37	36	36	36	36	35	35	35
30.25	37	37	37	37	36	36	36	36	36	35
30.50	38	38	37	37	37	37	36	36	36	36
30.75	38	38	38	37	37	37	37	36	36	36
31.00	38	38	38	38	37	37	37	37	37	36
31.25	39	39	38	38	38	38	37	37	37	37
31.50	39	39	39	38	38	38	38	37	37	37
31.75	39	39	39	39	38	38	38	38	37	37
32.00	40	39	39	39	39	38	38	38	38	38
32.25	40	40	40	40	39	39	39	38	38	38
32.50	40	40	40	40	39	39	39	39	38	38
32.75	41	40	40	40	40	39	39	39	39	38
33.00	41	41	40	40	40	40	39	39	39	39
33.25	41	41	41	41	40	40	40	40	39	39
33.50	42	41	41	41	41	40	40	40	40	39
33.75	42	42	41	41	41	41	40	40	40	40
34.00	42	42	42	41	41	41	41	40	40	40

CIRCUM										
VALUE	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
34.25	42	42	42	42	41	41	41	41	40	40
34.50	43	42	42	42	42	42	41	41	41	41
34.75	43	43	43	42	42	42	42	41	41	41
35.00	43	43	43	43	42	42	42	42	41	41
35.25	44	43	43	43	43	42	42	42	42	41

CIRCUM										
VALUE	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	1	1	0	0	0	0	0	0	0	0
12.25	2	2	2	1	1	0	0	0	0	0
12.50	3	2	2	2	2	2	1	1	1	0
12.75	3	3	3	3	3	2	2	2	2	2
13.00	4	4	4	3	3	3	3	3	2	2
13.25	5	4	4	4	4	4	3	3	3	3
13.50	5	5	5	5	4	4	4	4	4	4
13.75	6	6	5	5	5	5	5	5	4	4
14.00	7	6	6	6	6	6	5	5	5	5
14.25	7	7	7	7	6	6	6	6	6	5
14.50	8	8	7	7	7	7	7	6	6	6
14.75	8	8	8	8	8	7	7	7	7	7
15.00	9	9	9	8	8	8	8	8	7	7
15.25	10	9	9	9	9	9	8	8	8	8
15.50	10	10	10	9	9	9	9	9	9	8
15.75	11	10	10	10	10	10	9	9	9	9
16.00	11	11	11	11	10	10	10	10	10	9
16.25	12	12	11	11	11	11	11	10	10	10
16.50	12	12	12	12	12	11	11	11	11	11
16.75	13	13	12	12	12	12	12	11	11	11
17.00	13	13	13	13	13	12	12	12	12	12
17.25	14	14	14	13	13	13	13	13	12	12
17.50	14	14	14	14	14	13	13	13	13	13
17.75	15	15	15	14	14	14	14	14	13	13
18.00	15	15	15	15	15	14	14	14	14	14
18.25	16	16	16	15	15	15	15	15	14	14
18.50	16	16	16	16	16	15	15	15	15	15
18.75	17	17	17	16	16	16	16	16	15	15
19.00	17	17	17	17	17	16	16	16	16	16
19.25	18	18	17	17	17	17	17	16	16	16
19.50	18	18	18	18	18	17	17	17	17	17
19.75	19	19	18	18	18	18	18	17	17	17
20.00	19	19	19	19	18	18	18	18	18	17
20.25	20	20	19	19	19	19	19	18	18	18
20.50	20	20	20	20	19	19	19	19	19	18
20.75	21	20	20	20	20	20	19	19	19	19
21.00	21	21	21	20	20	20	20	20	19	19

CIRCUM										
VALUE	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
21.25	22	21	21	21	21	21	20	20	20	20
21.50	22	22	22	21	21	21	21	21	20	20
21.75	22	22	22	22	22	21	21	21	21	21
22.00	23	23	22	22	22	22	22	21	21	21
22.25	23	23	23	23	22	22	22	22	22	21
22.50	24	23	23	23	23	23	22	22	22	22
22.75	24	24	24	23	23	23	23	23	22	22
23.00	25	24	24	24	24	23	23	23	23	23
23.25	25	25	25	24	24	24	24	23	23	23
23.50	25	25	25	25	24	24	24	24	24	23
23.75	26	26	25	25	25	25	24	24	24	24
24.00	26	26	26	25	25	25	25	25	24	24
24.25	27	26	26	25	25	25	25	25	24	24
24.50	27	27	26	26	26	26	26	25	25	25
24.75	27	27	27	27	26	26	26	26	26	25
25.00	28	27	27	27	27	27	26	26	26	26
25.25	28	28	28	27	27	27	27	27	26	26
25.50	28	28	28	28	28	27	27	27	27	27
25.75	29	29	28	28	28	28	28	27	27	27
26.00	29	29	29	29	28	28	28	28	27	27
26.25	30	29	29	29	29	28	28	28	28	28
26.50	30	30	29	29	29	29	29	28	28	28
26.75	30	30	30	30	29	29	29	29	29	28
27.00	31	30	30	30	30	30	29	29	29	29
27.25	31	31	31	30	30	30	30	29	29	29
27.50	31	31	31	31	30	30	30	30	30	29
27.75	32	31	31	31	31	31	30	30	30	30
28.00	32	32	32	31	31	31	31	31	30	30
28.25	32	32	32	32	32	31	31	31	31	30
28.50	33	33	32	32	32	32	31	31	31	31
28.75	33	33	33	32	32	32	32	32	31	31
29.00	33	33	33	33	33	32	32	32	32	31
29.25	34	34	33	33	33	33	32	32	32	32
29.50	34	34	34	33	33	33	33	33	32	32
29.75	34	34	34	34	34	33	33	33	33	32
30.00	35	35	34	34	34	34	33	33	33	33
30.25	35	35	35	34	34	34	34	34	33	33
30.50	35	35	35	35	35	34	34	34	34	33
30.75	36	36	35	35	35	35	34	34	34	34
31.00	36	36	36	35	35	35	35	34	34	34
31.25	36	36	36	36	35	35	35	35	35	34
31.50	37	36	36	36	36	36	35	35	35	35
31.75	37	37	37	36	36	36	36	35	35	35
32.00	37	37	37	37	36	36	36	36	36	35
32.25	38	37	37	37	37	36	36	36	36	36
32.50	38	38	37	37	37	37	37	36	36	36
32.75	38	38	38	38	37	37	37	37	36	36
33.00	39	38	38	38	38	37	37	37	37	37
33.25	39	39	38	38	38	38	37	37	37	37
33.50	39	39	39	38	38	38	38	38	37	37

CIRCUM										
VALUE	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
33.75	39	39	39	39	39	38	38	38	38	37
34.00	40	39	39	39	39	39	38	38	38	38
34.25	40	40	40	39	39	39	39	38	38	38
34.50	40	40	40	40	39	39	39	39	39	38
34.75	41	40	40	40	40	40	39	39	39	39
35.00	41	41	40	40	40	40	40	39	39	39
35.25	41	41	41	40	40	40	40	40	39	39

CIRCUM										
VALUE	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	0	0	0	0	0	0	0	0	0	0
12.25	0	0	0	0	0	0	0	0	0	0
12.50	0	0	0	0	0	0	0	0	0	0
12.75	1	1	1	0	0	0	0	0	0	0
13.00	2	2	2	1	1	1	0	0	0	0
13.25	3	3	2	2	2	2	2	1	1	1
13.50	3	3	3	3	3	3	3	3	3	2
13.75	4	4	4	3	3	3	3	3	3	2
14.00	5	4	4	4	4	4	3	3	3	3
14.25	5	5	5	5	4	4	4	4	4	4
14.50	6	6	6	6	6	5	5	5	5	5
14.75	6	6	6	6	6	5	5	5	5	5
15.00	7	7	7	6	6	6	6	6	6	5
15.25	8	7	7	7	7	7	6	6	6	6
15.50	8	8	8	8	7	7	7	7	7	6
15.75	9	9	8	8	8	8	8	7	7	7
16.00	9	9	9	9	8	8	8	8	8	8
16.25	10	10	9	9	9	9	9	8	8	8
16.50	10	10	10	10	10	9	9	9	9	9
16.75	11	11	10	10	10	10	10	10	9	9
17.00	11	11	11	11	11	10	10	10	10	10
17.25	12	12	12	11	11	11	11	11	10	10
17.50	12	12	12	12	12	11	11	11	11	11
17.75	13	13	13	12	12	12	12	12	11	11
18.00	13	13	13	13	13	12	12	12	12	12
18.25	14	14	14	13	13	13	13	13	12	12
18.50	14	14	14	14	14	13	13	13	13	13
18.75	15	15	15	14	14	14	14	14	13	13
19.00	15	15	15	15	15	14	14	14	14	14
19.25	16	16	15	15	15	15	15	15	14	14
19.50	16	16	16	16	16	15	15	15	15	15
19.75	17	17	16	16	16	16	16	15	15	15
20.00	17	17	17	17	16	16	16	16	16	16
20.25	18	18	17	17	17	17	17	16	16	16
20.50	18	18	18	18	17	17	17	17	17	16
20.75	19	18	18	18	18	18	17	17	17	17
21.00	19	19	19	18	18	18	18	18	18	17
21.25	19	19	19	19	19	19	18	18	18	18
21.50	20	20	20	19	19	19	19	19	18	18
21.75	20	20	20	20	20	19	19	19	19	19
22.00	21	21	20	20	20	20	20	19	19	19
22.25	21	21	21	21	20	20	20	20	20	19
22.50	22	21	21	21	21	21	20	20	20	20
22.75	22	22	22	21	21	21	21	21	20	20

CIRCUM										
VALUE	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
23.00	22	22	22	22	22	21	21	21	21	21
23.25	23	23	22	22	22	22	22	21	21	21
23.50	23	23	23	23	22	22	22	22	22	21
23.75	24	23	23	23	23	23	22	22	22	22
24.00	24	24	24	23	23	23	23	23	22	22
24.25	24	24	24	24	24	23	23	23	23	23
24.50	25	25	24	24	24	24	24	23	23	23
24.75	25	25	25	25	24	24	24	24	24	23
25.00	26	25	25	25	25	25	24	24	24	24
25.25	26	26	26	25	25	25	25	25	24	24
25.50	26	26	26	26	26	25	25	25	25	25
25.75	27	26	26	26	26	26	25	25	25	25
26.00	27	27	27	26	26	26	26	26	25	25
26.25	27	27	27	27	27	26	26	26	26	26
26.50	28	28	27	27	27	27	27	26	26	26
26.75	28	28	28	28	27	27	27	27	27	26
27.00	28	28	28	28	28	27	27	27	27	27
27.25	29	29	28	28	28	28	28	27	27	27
27.50	29	29	29	29	28	28	28	28	28	27
27.75	30	29	29	29	29	28	28	28	28	28
28.00	30	30	29	29	29	29	29	28	28	28
28.25	30	30	30	30	29	29	29	29	29	28
28.50	31	30	30	30	30	30	29	29	29	29
28.75	31	31	30	30	30	30	30	29	29	29
29.00	31	31	31	31	30	30	30	30	30	29
29.25	32	31	31	31	31	31	30	30	30	30
29.50	32	32	31	31	31	31	30	30	30	30
29.75	32	32	32	32	31	31	31	31	31	30
30.00	33	32	32	32	32	32	31	31	31	31
30.25	33	33	32	32	32	32	32	31	31	31
30.50	33	33	33	33	32	32	32	32	32	31
30.75	34	33	33	33	33	32	32	32	32	32
31.00	34	34	33	33	33	33	33	32	32	32
31.25	34	34	34	34	33	33	33	33	33	32
31.50	34	34	34	34	34	33	33	33	33	33
31.75	35	35	34	34	34	34	34	33	33	33
32.00	35	35	35	34	34	34	34	34	33	33
32.25	35	35	35	35	34	34	34	34	34	34
32.50	36	35	35	35	35	35	34	34	34	34
32.75	36	36	36	35	35	35	35	35	34	34
33.00	36	36	36	36	35	35	35	35	35	34
33.25	37	36	36	36	36	36	35	35	35	35
33.50	37	37	36	36	36	36	36	35	35	35
33.75	37	37	37	37	36	36	36	36	36	35
34.00	37	37	37	37	37	36	36	36	36	36
34.25	38	38	37	37	37	37	37	36	36	36
34.50	38	38	38	37	37	37	37	37	36	36
34.75	38	38	38	38	38	37	37	37	37	37
35.00	39	38	38	38	38	38	37	37	37	37
35.25	39	39	39	38	38	38	38	37	37	37

CIRCUM										
VALUE	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
35.50	39	39	39	39	38	38	38	38	38	37
35.75	40	39	39	39	39	38	38	38	38	38
36.00	40	40	39	39	39	39	39	38	38	38
36.25	40	40	40	39	39	39	39	39	38	38
36.50	40	40	40	40	39	39	39	39	39	38
36.75	41	40	40	40	40	40	39	39	39	39
37.00	41	41	40	40	40	40	40	39	39	39
37.25	41	41	41	41	41	40	40	40	39	39
37.50	41	41	41	41	41	41	40	40	40	40
37.75	42	41	41	41	41	41	40	40	40	40
38.00	42	42	42	41	41	41	41	40	40	40
38.25	42	42	42	42	41	41	41	41	40	40
38.50	42	42	42	42	42	41	41	41	41	41
38.75	43	43	42	42	42	42	41	41	41	41

Attachment 5
Female Body Fat Percentage Table
Height (Inches)

CIRCUM											
VALUE	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	
34.50	0	0	0	0	0	0	0	0	0	0	0
34.75	1	0	0	0	0	0	0	0	0	0	0
35.00	2	1	0	0	0	0	0	0	0	0	0
35.25	3	2	2	2	1	1	0	0	0	0	0
35.50	3	2	2	2	1	0	0	0	0	0	0
35.75	3	3	2	2	2	1	0	0	0	0	0
36.00	4	3	3	3	2	2	1	1	0	0	0
36.25	4	4	3	3	3	2	2	2	1	0	0
36.50	5	4	4	4	3	3	2	2	2	1	1
36.75	5	5	4	4	4	3	3	3	2	2	2
37.00	6	5	5	4	4	4	3	3	3	2	2
37.25	6	6	5	5	5	4	4	3	3	3	3
37.50	7	6	6	5	5	5	4	4	4	3	3
37.75	7	7	6	6	6	5	5	4	4	4	4
38.00	7	7	7	6	6	6	5	5	5	4	4
38.25	8	8	7	7	6	6	6	5	5	5	5
38.50	8	8	8	7	7	7	6	6	5	5	5
38.75	9	8	8	8	7	7	7	6	6	6	6
39.00	9	9	9	8	8	7	7	7	6	6	6
39.25	10	9	9	9	8	8	8	7	7	6	6
39.50	10	10	9	9	9	8	8	8	7	7	7
39.75	11	10	10	9	9	9	8	8	8	7	7
40.00	11	11	10	10	10	9	9	8	8	8	8
40.25	11	11	11	10	10	10	9	9	9	8	8
40.50	12	12	11	11	10	10	10	9	9	9	9
40.75	12	12	12	11	11	11	10	10	9	9	9
41.00	13	12	12	12	11	11	11	10	10	10	10
41.25	13	13	12	12	12	11	11	11	10	10	10
41.50	14	13	13	13	12	12	11	11	11	10	10
41.75	14	14	13	13	13	12	12	11	11	11	11
42.00	14	14	14	13	13	13	12	12	12	11	11
42.25	15	15	14	14	13	13	13	12	12	12	12
42.50	15	15	15	14	14	13	13	13	12	12	12
42.75	16	15	15	15	14	14	13	13	13	12	12
43.00	16	16	15	15	15	14	14	14	13	13	13
43.25	17	16	16	15	15	15	14	14	14	13	13
43.50	17	17	16	16	15	15	15	14	14	14	14
43.75	17	17	17	16	16	15	15	15	14	14	14
44.00	18	17	17	17	16	16	16	15	15	14	14
44.25	18	18	17	17	17	16	16	16	15	15	15
44.50	19	18	18	17	17	17	16	16	16	15	15
44.75	19	19	18	18	17	17	17	16	16	16	16
45.00	19	19	19	18	18	17	17	17	16	16	16
45.25	20	19	19	19	18	18	17	17	17	16	16
45.50	20	20	19	19	19	18	18	18	17	17	17
45.75	20	20	20	19	19	19	18	18	18	17	17
46.00	21	20	20	20	19	19	19	18	18	18	18

CIRCUM										
VALUE	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
46.25	21	21	20	20	20	19	19	19	18	18
46.50	22	21	21	20	20	20	19	19	19	18
46.75	22	22	21	21	20	20	20	20	19	19
47.00	22	22	22	21	21	20	20	20	19	19
47.25	23	22	22	22	21	21	21	20	20	20
47.50	23	23	22	22	22	21	21	21	20	20
47.75	23	23	23	22	22	22	21	21	21	20
48.00	24	23	23	23	22	22	22	21	21	21
48.25	24	24	23	23	23	22	22	22	21	21
48.50	25	24	24	23	23	23	22	22	22	21
48.75	25	25	24	24	23	23	23	22	22	22
49.00	25	25	25	24	24	23	23	23	22	22
49.25	26	25	25	25	24	24	23	23	23	22
49.50	26	26	25	25	24	24	24	23	23	23
49.75	26	26	26	25	25	24	24	24	23	23
50.00	27	26	26	26	25	25	24	24	24	23
50.25	27	27	26	26	26	25	25	24	24	24
50.50	27	27	27	26	26	26	25	25	24	24
50.75	28	27	27	27	26	26	26	25	25	24
51.00	28	28	27	27	27	26	26	25	25	25
51.25	28	28	28	27	27	27	26	26	26	25
51.50	29	28	28	28	27	27	27	26	26	25
51.75	29	29	28	28	28	27	27	27	26	26
52.00	29	29	29	28	28	28	27	27	27	26
52.25	30	29	29	29	28	28	28	27	27	26
52.50	30	30	29	29	29	28	28	28	27	27
52.75	30	30	30	29	29	29	28	28	28	27
53.00	31	30	30	30	29	29	29	28	28	27
53.25	31	31	30	30	30	29	29	29	28	28
53.50	31	31	31	30	30	30	29	29	28	28
53.75	32	31	31	31	30	30	30	29	29	28
54.00	32	32	31	31	31	30	30	30	29	29
54.25	32	32	32	31	31	31	30	30	29	29
54.50	33	32	32	32	31	31	31	30	30	29
54.75	33	33	32	32	32	31	31	30	30	30
55.00	33	33	33	32	32	32	31	31	30	30
55.25	34	33	33	33	32	32	31	31	31	30
55.50	34	34	33	33	33	32	32	31	31	31
55.75	34	34	34	33	33	32	32	32	31	31
56.00	35	34	34	33	33	33	32	32	32	31
56.25	35	35	34	34	33	33	33	32	32	32
56.50	35	35	34	34	34	33	33	33	32	32
56.75	36	35	35	34	34	34	33	33	33	32
57.00	36	35	35	35	34	34	34	33	33	33
57.25	36	36	35	35	34	34	34	33	33	33
57.50	36	36	36	35	35	35	34	34	34	33
57.75	37	36	36	36	35	35	35	34	34	33
58.00	37	37	36	36	36	35	35	35	34	34
58.25	37	37	37	36	36	36	35	35	34	34
58.50	38	37	37	37	36	36	35	35	35	34

CIRCUM										
VALUE	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
58.75	38	38	37	37	36	36	36	35	35	35
59.00	38	38	38	37	37	36	36	36	35	35
59.25	39	38	38	37	37	37	36	36	36	35
59.50	39	38	38	38	37	37	37	36	36	36
59.75	39	39	38	38	38	37	37	37	36	36
60.00	39	39	39	38	38	38	37	37	37	36
60.25	40	39	39	39	38	38	38	37	37	36
60.50	40	40	39	39	39	38	38	37	37	37
60.75	40	40	40	39	39	38	38	38	37	37
61.00	41	40	40	39	39	39	38	38	38	37
61.25	41	41	40	40	39	39	39	38	38	38
61.50	41	41	40	40	40	39	39	39	38	38
61.75	41	41	41	40	40	40	39	39	39	38
62.00	42	41	41	41	40	40	40	39	39	38
62.25	42	42	41	41	41	40	40	39	39	39
62.50	42	42	42	41	41	40	40	40	39	39
62.75	43	42	42	41	41	41	40	40	40	39
63.00	43	42	42	42	41	41	41	40	40	40
63.25	43	43	42	42	42	41	41	41	40	40
63.50	43	43	43	42	42	42	41	41	40	40
63.75	44	43	43	43	42	42	41	41	41	40
64.00	44	44	43	43	42	42	42	41	41	41
64.25	44	44	43	43	43	42	42	42	41	41
64.50	45	44	44	43	43	43	42	42	42	41
64.75	46	45	44	44	43	43	43	42	42	42
65.00	45	45	44	44	44	43	43	42	42	42
65.25	45	45	45	44	44	43	43	43	42	42
65.50	46	45	45	44	44	44	43	43	43	42
65.75	46	45	45	45	44	44	44	43	43	43
66.00	46	46	45	45	45	44	44	44	43	43
66.25	46	46	46	45	45	45	44	44	43	43
66.50	47	46	46	46	45	45	44	44	44	43
66.75	47	47	46	46	45	45	45	44	44	44
67.00	47	47	46	46	46	45	45	45	44	44
67.25	47	47	47	46	46	46	45	45	45	44
67.50	48	47	47	47	46	46	45	45	45	44
67.75	48	48	47	47	46	46	46	45	45	45
68.00	48	48	47	47	47	46	46	46	45	45
68.25	48	48	48	47	47	47	46	46	46	45
68.50	49	48	48	48	47	47	47	46	46	45
68.75	49	49	48	48	47	47	47	46	46	46
69.00	49	49	48	48	48	47	47	47	46	46
69.25	49	49	49	48	48	48	47	47	47	46
69.50	50	49	49	49	48	48	48	47	47	46
69.75	50	50	49	49	49	48	48	47	47	47
70.00	50	50	49	49	49	48	48	48	47	47
70.25	50	50	50	49	49	49	48	48	48	47
70.50	51	50	50	50	49	49	49	48	48	47
70.75	51	51	50	50	50	49	49	48	48	48
71.00	51	51	50	50	50	49	49	49	48	48

CIRCUM										
VALUE	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
71.25	51	51	51	50	50	50	49	49	49	48
71.50	52	51	51	51	50	50	50	49	49	48
71.75	52	52	51	51	50	50	50	49	49	49
72.00	52	52	51	51	51	50	50	50	49	49
72.25	52	52	52	51	51	51	50	50	50	49
72.50	53	52	52	52	51	51	50	50	50	49
72.75	53	53	52	52	51	51	51	50	50	50
73.00	53	53	52	52	52	51	51	51	50	50
73.25	53	53	53	52	52	52	51	51	51	50
73.50	54	53	53	53	52	52	51	51	51	50
73.75	54	54	53	53	52	52	52	51	51	51
74.00	54	54	53	53	53	52	52	52	51	51
74.25	54	54	54	53	53	53	52	52	51	51
74.50	55	54	54	53	53	53	52	52	52	51
74.75	55	54	54	54	53	53	53	52	52	52
75.00	55	55	54	54	54	53	53	53	52	52
75.25	55	55	55	54	54	53	53	53	52	52
75.50	56	55	55	54	54	54	53	53	53	52
75.75	56	55	55	55	54	54	54	53	53	53

CIRCUM										
VALUE	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	1	0	0	0	0	0	0	0	0	0
36.75	1	1	0	0	0	0	0	0	0	0
37.00	2	2	1	0	0	0	0	0	0	0
37.25	2	2	2	1	1	0	0	0	0	0
37.50	3	3	2	2	2	1	0	0	0	0
37.75	3	3	3	2	2	2	1	1	0	0
38.00	4	3	3	3	2	2	2	1	1	0
38.25	4	4	4	3	3	3	2	2	2	1
38.50	5	4	4	4	3	3	3	2	2	2
38.75	5	5	5	4	4	3	3	3	3	2
39.00	6	5	5	5	4	4	4	3	3	3
39.25	6	6	5	5	5	4	4	4	3	3
39.50	7	6	6	6	5	5	5	4	4	4
39.75	7	7	6	6	6	5	5	5	4	4
40.00	7	7	7	6	6	6	5	5	5	4
40.25	8	8	7	7	6	6	6	5	5	5
40.50	8	8	8	7	7	7	6	6	6	5
40.75	9	8	8	8	7	7	7	6	6	6
41.00	9	9	8	8	8	7	7	7	6	6
41.25	10	9	9	9	8	8	8	7	7	7
41.50	10	10	9	9	9	8	8	8	7	7
41.75	10	10	10	9	9	9	8	8	8	7
42.00	11	10	10	10	9	9	9	8	8	8
42.25	11	11	11	10	10	10	9	9	9	8
42.50	12	11	11	11	10	10	10	9	9	9
42.75	12	12	11	11	11	10	10	10	9	9
43.00	12	12	12	11	11	11	10	10	10	9
43.25	13	13	12	12	12	11	11	11	10	10
43.50	13	13	13	12	12	12	11	11	11	10
43.75	14	13	13	13	12	12	12	11	11	11
44.00	14	14	13	13	13	12	12	12	11	11
44.25	14	14	14	13	13	13	12	12	12	11
44.50	15	15	14	14	14	13	13	13	12	12
44.75	15	15	15	14	14	14	13	13	13	12
45.00	16	15	15	15	14	14	14	13	13	13
45.25	16	16	15	15	15	14	14	14	13	13
45.50	16	16	16	15	15	15	14	14	14	13
45.75	17	16	16	16	15	15	15	14	14	14
46.00	17	17	17	16	16	16	15	15	15	14
46.50	18	18	17	17	17	16	16	16	15	15
46.75	18	18	18	17	17	17	16	16	16	15

CIRCUM										
VALUE	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
47.00	19	18	18	18	17	17	17	16	16	16
47.25	19	19	18	18	18	17	17	17	16	16
47.50	19	19	19	18	18	18	17	17	17	16
47.75	20	19	19	19	18	18	18	17	17	17
48.00	20	20	20	19	19	18	18	18	18	17
48.25	21	20	20	20	19	19	19	18	18	18
48.50	21	21	20	20	20	19	19	19	18	18
48.75	21	21	21	20	20	20	19	19	19	18
49.00	22	21	21	21	20	20	20	19	19	19
49.25	22	22	21	21	21	20	20	20	19	19
49.50	22	22	22	21	21	21	20	20	20	19
49.75	23	22	22	22	21	21	21	20	20	20
50.00	23	23	22	22	22	21	21	21	20	20
50.25	23	23	23	22	22	22	21	21	21	20
50.50	24	23	23	23	22	22	22	21	21	21
50.75	24	24	23	23	23	22	22	22	21	21
51.00	24	24	24	23	23	23	22	22	22	21
51.25	25	24	24	24	23	23	23	22	22	22
51.50	25	25	24	24	24	23	23	23	22	22
51.75	25	25	25	24	24	24	23	23	23	22
52.00	26	25	25	25	24	24	24	23	23	23
52.25	26	26	25	25	25	24	24	24	23	23
52.50	26	26	26	25	25	25	24	24	24	23
52.75	27	26	26	26	25	25	25	24	24	24
53.00	27	27	26	26	26	25	25	25	24	24
53.25	27	27	27	26	26	26	25	25	25	24
53.50	28	27	27	27	26	26	26	25	25	25
53.75	28	28	27	27	27	26	26	26	25	25
54.00	28	28	28	27	27	27	26	26	26	25
54.25	29	28	28	28	27	27	27	26	26	26
54.50	29	29	28	28	28	27	27	27	26	26
54.75	29	29	29	28	28	28	27	27	27	26
55.00	30	29	29	29	28	28	28	27	27	27
55.25	30	30	29	29	29	28	28	28	27	27
55.50	30	30	30	29	29	29	28	28	28	27
55.75	31	30	30	30	29	29	29	28	28	28
56.00	31	31	30	30	30	29	29	29	28	28
56.25	31	31	31	30	30	30	29	29	29	28
56.50	32	31	31	31	30	30	30	29	29	29
56.75	32	32	31	31	31	30	30	30	29	29
57.00	32	32	32	31	31	31	30	30	30	29
57.25	33	32	32	32	31	31	31	30	30	30
57.50	33	32	32	32	31	31	31	30	30	30
57.75	33	33	32	32	32	31	31	31	30	30
58.00	33	33	33	32	32	32	31	31	31	30
58.25	34	33	33	33	32	32	32	31	31	31
58.50	34	34	33	33	33	32	32	32	31	31
58.75	34	34	34	33	33	33	32	32	32	31
59.00	35	34	34	34	33	33	33	32	32	32

CIRCUM										
VALUE	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
59.25	35	35	34	34	34	33	33	33	32	32
59.50	35	35	35	34	34	34	33	33	33	32
59.75	36	35	35	35	34	34	33	33	33	33
60.00	36	35	35	35	34	34	34	33	33	33
60.25	36	36	35	35	35	34	34	34	33	33
60.50	36	36	36	35	35	35	34	34	34	33
60.75	37	36	36	36	35	35	35	34	34	34
61.00	37	37	36	36	36	35	35	35	34	34
61.25	37	37	37	36	36	36	35	35	35	34
61.50	38	37	37	37	36	36	36	35	35	35
61.75	38	37	37	37	36	36	36	35	35	35
62.00	38	38	37	37	37	36	36	36	35	35
62.25	38	38	38	37	37	37	36	36	36	35
62.50	39	38	38	38	37	37	37	36	36	36
62.75	39	39	38	38	38	37	37	37	36	36
63.00	39	39	39	38	38	38	37	37	37	36
63.25	40	39	39	38	38	38	37	37	37	37
63.50	40	39	39	39	38	38	38	37	37	37
63.75	40	40	39	39	39	38	38	38	37	37
64.00	40	40	40	39	39	39	38	38	38	37
64.25	41	40	40	40	39	39	39	38	38	38
64.50	41	41	40	40	40	39	39	39	38	38
64.75	41	41	40	40	40	39	39	39	38	38
65.00	41	41	41	40	40	40	39	39	39	38
65.25	42	41	41	41	40	40	40	39	39	39
65.50	42	42	41	41	41	40	40	40	39	39
65.75	42	42	42	41	41	41	40	40	40	39
66.00	43	42	42	41	41	41	40	40	40	39
66.25	43	42	42	42	41	41	41	40	40	40
66.50	43	43	42	42	42	41	41	41	40	40
66.75	43	43	43	42	42	42	41	41	41	40
67.00	44	43	43	43	42	42	42	41	41	41
67.25	44	43	43	43	42	42	42	41	41	41
67.50	44	44	43	43	43	42	42	42	41	41
67.75	44	44	44	43	43	43	42	42	42	41
68.00	45	44	44	44	43	43	43	42	42	42
68.25	45	45	44	44	43	43	43	42	42	42
68.50	45	45	44	44	44	43	43	43	42	42
68.75	45	45	45	44	44	44	43	43	43	42
69.00	46	45	45	45	44	44	44	43	43	43
69.25	46	46	45	45	44	44	44	44	43	43
69.50	46	46	45	45	45	44	44	44	43	43
69.75	46	46	46	45	45	45	44	44	44	43
70.00	47	46	46	46	45	45	45	44	44	44
70.25	47	47	46	46	46	45	45	45	44	44
70.50	47	47	46	46	46	45	45	45	44	44
70.75	47	47	47	46	46	46	45	45	45	44
71.00	48	47	47	47	46	46	46	45	45	45
71.25	48	48	47	47	46	46	46	45	45	45
71.50	48	48	47	47	47	46	46	46	45	45

CIRCUM										
VALUE	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
71.75	48	48	48	47	47	47	46	46	46	45
72.00	49	48	48	48	47	47	47	46	46	46
72.25	49	48	48	48	47	47	47	46	46	46
72.50	49	49	48	48	48	47	47	47	46	46
72.75	49	49	49	48	48	48	47	47	47	46
73.00	50	49	49	49	48	48	48	47	47	47
73.25	50	49	49	49	48	48	48	47	47	47
73.50	50	50	49	49	49	48	48	48	47	47
73.75	50	50	50	49	49	49	48	48	48	47
74.00	51	50	50	49	49	49	48	48	48	47
74.25	51	50	50	50	49	49	49	48	48	48
74.50	51	51	50	50	50	49	49	49	48	48
74.75	51	51	51	50	50	50	49	49	49	48
75.00	51	51	51	50	50	50	49	49	49	48
75.25	52	51	51	51	50	50	50	49	49	49
75.50	52	51	51	51	50	50	50	49	49	49
75.75	52	52	51	51	51	50	50	50	49	49

CIRCUM										
VALUE	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	1	1	0	0	0	0	0	0	0	0
38.75	2	2	1	0	0	0	0	0	0	0
39.00	2	2	2	1	1	0	0	0	0	0
39.25	3	2	2	2	1	1	0	0	0	0
39.50	3	3	3	2	2	2	1	1	0	0
39.75	4	3	3	3	2	2	2	1	1	0
40.00	4	4	3	3	3	3	2	2	2	1
40.25	5	4	4	4	3	3	3	2	2	1
40.50	5	5	4	4	4	3	3	3	2	2
40.75	5	5	5	4	4	4	3	3	3	3
41.00	6	5	5	5	5	4	4	4	3	3
41.25	6	6	6	5	5	5	4	4	4	3
41.50	7	6	6	6	5	5	5	4	4	4
41.75	7	7	6	6	6	6	5	5	5	4
42.00	8	7	7	7	6	6	6	5	5	5
42.25	8	8	7	7	7	6	6	6	5	5
42.50	8	8	8	7	7	7	6	6	6	6
42.75	9	8	8	8	7	7	7	7	6	6
43.00	9	9	9	8	8	8	7	7	7	6
43.25	10	9	9	9	8	8	8	7	7	7
43.50	10	10	9	9	9	8	8	8	7	7
43.75	10	10	10	9	9	9	8	8	8	8
44.00	11	10	10	10	9	9	9	9	8	8
44.25	11	11	11	10	10	10	9	9	9	8
44.50	12	11	11	11	10	10	10	9	9	9

CIRCUM										
VALUE	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
44.75	12	12	11	11	11	10	10	10	9	9
45.00	12	12	12	11	11	11	10	10	10	10
45.25	13	12	12	12	11	11	11	11	10	10
45.50	13	13	12	12	12	12	11	11	11	10
45.75	13	13	13	13	12	12	12	11	11	11
46.00	14	14	13	13	13	12	12	12	11	11
46.25	14	14	14	13	13	13	12	12	12	11
46.50	15	14	14	14	13	13	13	12	12	12
46.75	15	15	14	14	14	13	13	13	13	12
47.00	15	15	15	14	14	14	13	13	13	13
47.25	16	15	15	15	14	14	14	14	13	13
47.50	16	16	15	15	15	15	14	14	14	13
47.75	16	16	16	16	15	15	15	14	14	14
48.00	17	17	16	16	16	15	15	15	14	14
48.25	17	17	17	16	16	16	15	15	15	14
48.50	18	17	17	17	16	16	16	15	15	15
48.75	18	18	17	17	17	16	16	16	15	15
49.00	18	18	18	17	17	17	16	16	16	15
49.25	19	18	18	18	17	17	17	16	16	16
49.50	19	19	18	18	18	17	17	17	17	16
49.75	19	19	19	18	18	18	17	17	17	17
50.00	20	19	19	19	18	18	18	18	17	17
50.25	20	20	19	19	19	18	18	18	18	17
50.50	20	20	20	19	19	19	19	18	18	18
50.75	21	20	20	20	19	19	19	19	18	18
51.00	21	21	20	20	20	20	19	19	19	18
51.25	21	21	21	20	20	20	20	19	19	19
51.50	22	21	21	21	21	20	20	20	19	19
51.75	22	22	21	21	21	21	20	20	20	19
52.00	22	22	22	22	21	21	21	20	20	20
52.25	23	22	22	22	22	21	21	21	20	20
52.50	23	23	22	22	22	22	21	21	21	20
52.75	23	23	23	23	22	22	22	21	21	21
53.00	24	23	23	23	23	22	22	22	21	21
53.25	24	24	23	23	23	23	22	22	22	21
53.50	24	24	24	23	23	23	23	22	22	22
53.75	25	24	24	24	24	23	23	23	22	22
54.00	25	25	24	24	24	24	23	23	23	22
54.25	25	25	25	24	24	24	24	23	23	23
54.50	26	25	25	25	24	24	24	24	23	23
54.75	26	26	25	25	25	24	24	24	24	23
55.00	26	26	26	25	25	25	24	24	24	24
55.25	27	26	26	26	25	25	25	25	24	24

CIRCUM										
VALUE	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
55.50	27	27	26	26	26	25	25	25	25	24
55.75	27	27	27	26	26	26	25	25	25	25
56.00	28	27	27	27	26	26	26	25	25	25
56.25	28	28	27	27	27	26	26	26	25	25
56.50	28	28	28	27	27	27	26	26	26	25
56.75	29	28	28	28	27	27	27	26	26	26
57.00	29	29	28	28	28	27	27	27	26	26
57.25	29	29	29	28	28	28	27	27	27	26
57.50	30	29	29	29	28	28	28	27	27	27
57.75	30	29	29	29	29	28	28	28	27	27
58.00	30	30	29	29	29	29	28	28	28	27
58.25	30	30	30	29	29	29	29	28	28	28
58.50	31	30	30	30	29	29	29	29	28	28
58.75	31	31	30	30	30	29	29	29	29	28
59.00	31	31	31	30	30	30	29	29	29	28
59.25	32	31	31	31	30	30	30	29	29	29
59.50	32	32	31	31	31	30	30	30	29	29
59.75	32	32	32	31	31	31	30	30	30	29
60.00	32	32	32	32	31	31	31	30	30	30
60.25	33	32	32	32	32	31	31	31	30	30
60.50	33	33	32	32	32	31	31	31	31	30
60.75	33	33	33	32	32	32	31	31	31	31
61.00	34	33	33	33	32	32	32	31	31	31
61.25	34	34	33	33	33	32	32	32	31	31
61.50	34	34	34	33	33	33	32	32	32	31
61.75	34	34	34	34	33	33	33	32	32	32
62.00	35	34	34	34	34	33	33	33	32	32
62.25	35	35	34	34	34	33	33	33	33	32
62.50	35	35	35	34	34	34	33	33	33	33
62.75	36	35	35	35	34	34	34	33	33	33
63.00	36	36	35	35	35	34	34	34	33	33
63.25	36	36	36	35	35	35	34	34	34	33
63.50	36	36	36	35	35	35	35	34	34	34
63.75	37	36	36	36	35	35	35	35	34	34
64.00	37	37	36	36	36	35	35	35	35	34
64.25	37	37	37	36	36	36	35	35	35	34
64.50	38	37	37	37	36	36	36	35	35	35
64.75	38	37	37	37	37	36	36	36	35	35
65.00	38	38	37	37	37	37	36	36	36	35
65.25	38	38	38	37	37	37	36	36	36	36
65.50	39	38	38	38	37	37	37	36	36	36
65.75	39	39	38	38	38	37	37	37	36	36

CIRCUM										
VALUE	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
66.00	39	39	39	38	38	38	37	37	37	36
66.25	39	39	39	38	38	38	38	37	37	37
66.50	40	39	39	39	38	38	38	37	37	37
66.75	40	40	39	39	39	38	38	38	37	37
67.00	40	40	40	39	39	39	38	38	38	37
67.25	40	40	40	40	39	39	39	38	38	38
67.50	41	40	40	40	39	39	39	39	38	38
67.75	41	41	40	40	40	39	39	39	38	38
68.00	41	41	41	40	40	40	39	39	39	38
68.25	42	41	41	41	40	40	40	39	39	39
68.50	42	41	41	41	40	40	40	40	39	39
68.75	42	42	41	41	41	40	40	40	40	39
69.00	42	42	42	41	41	41	40	40	40	39
69.25	43	42	42	42	41	41	41	40	40	40
69.50	43	42	42	42	42	41	41	41	40	40
69.75	43	43	42	42	42	41	41	41	41	40
70.00	43	43	43	42	42	42	41	41	41	40
70.25	44	43	43	43	42	42	42	41	41	41
70.50	44	43	43	43	43	42	42	42	41	41
70.75	44	44	43	43	43	42	42	42	42	41
71.00	44	44	44	43	43	43	42	42	42	41
71.25	45	44	44	44	43	43	43	42	42	42
71.50	45	44	44	44	43	43	43	43	42	42
71.75	45	45	44	44	44	43	43	43	43	42
72.00	45	45	45	44	44	44	43	43	43	42
72.25	45	45	45	45	44	44	44	43	43	43
72.50	46	45	45	45	44	44	44	44	43	43
72.75	46	46	45	45	45	44	44	44	43	43
73.00	46	46	46	45	45	45	44	44	44	43
73.25	46	46	46	46	45	45	45	44	44	44
73.50	47	46	46	46	45	45	45	44	44	44
73.75	47	47	46	46	46	45	45	45	44	44
74.00	47	47	47	46	46	46	45	45	45	44
74.25	47	47	47	46	46	46	46	45	45	45
74.50	48	47	47	47	46	46	46	45	45	45
74.75	48	48	47	47	47	46	46	46	45	45
75.00	48	48	47	47	47	47	46	46	46	45
75.25	48	48	48	47	47	47	46	46	46	46
75.50	49	48	48	48	47	47	47	46	46	46
75.75	49	48	48	48	48	47	47	47	46	46

CIRCUM										
VALUE	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	0	0	0	0	0	0	0	0	0	0
38.75	0	0	0	0	0	0	0	0	0	0
39.00	0	0	0	0	0	0	0	0	0	0
39.25	0	0	0	0	0	0	0	0	0	0
39.50	0	0	0	0	0	0	0	0	0	0
39.75	0	0	0	0	0	0	0	0	0	0
40.00	0	0	0	0	0	0	0	0	0	0
40.25	1	1	0	0	0	0	0	0	0	0
40.50	2	2	1	0	0	0	0	0	0	0
40.75	2	2	2	1	1	0	0	0	0	0
41.00	3	2	2	2	2	1	0	0	0	0
41.25	3	3	3	2	2	2	1	1	0	0
41.50	4	3	3	3	2	2	2	2	1	0
41.75	4	4	3	3	3	3	2	2	2	1
42.00	4	4	4	4	3	3	3	2	2	2
42.25	5	5	4	4	4	3	3	3	2	2
42.50	5	5	5	4	4	4	3	3	3	3
42.75	6	5	5	5	4	4	4	4	3	3
43.00	6	6	5	5	5	5	4	4	4	3
43.25	6	6	6	6	5	5	5	4	4	4
43.50	7	7	6	6	6	5	5	5	5	4
43.75	7	7	7	6	6	6	5	5	5	5
44.00	8	7	7	7	6	6	6	6	5	5
44.25	8	8	7	7	7	7	6	6	6	5
44.50	8	8	8	8	7	7	7	6	6	6
44.75	9	9	8	8	8	7	7	7	7	6

CIRCUM										
VALUE	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
45.00	9	9	9	8	8	8	7	7	7	7
45.25	10	9	9	9	8	8	8	8	7	7
45.50	10	10	9	9	9	9	8	8	8	7
45.75	10	10	10	9	9	9	9	8	8	8
46.00	11	10	10	10	10	9	9	9	8	8
46.25	11	11	11	10	10	10	9	9	9	9
46.50	12	11	11	11	10	10	10	9	9	9
46.75	12	12	11	11	11	10	10	10	10	9
47.00	12	12	12	11	11	11	11	10	10	10
47.25	13	12	12	12	11	11	11	11	10	10
47.50	13	13	12	12	12	12	11	11	11	10
47.75	13	13	13	12	12	12	12	11	11	11
48.00	14	13	13	13	13	12	12	12	11	11
48.25	14	14	14	13	13	13	12	12	12	11
48.50	14	14	14	14	13	13	13	12	12	12
48.75	15	15	14	14	14	13	13	13	12	12
49.00	15	15	15	14	14	14	13	13	13	13
49.25	16	15	15	15	14	14	14	13	13	13
49.50	16	16	15	15	15	14	14	14	14	13
49.75	16	16	16	15	15	15	14	14	14	14
50.00	17	16	16	16	15	15	15	15	14	14
50.25	17	17	16	16	16	15	15	15	15	14
50.50	17	17	17	16	16	16	16	15	15	15
50.75	18	17	17	17	16	16	16	16	15	15
51.00	18	18	17	17	17	17	16	16	16	15
51.25	18	18	18	17	17	17	17	16	16	16
51.50	19	18	18	18	17	17	17	17	16	16
51.75	19	19	18	18	18	18	17	17	17	16
52.00	19	19	19	18	18	18	18	17	17	17
52.25	20	19	19	19	19	18	18	18	17	17
52.50	20	20	19	19	19	19	18	18	18	17
52.75	20	20	20	19	19	19	19	18	18	18
53.00	21	20	20	20	20	19	19	19	18	18
53.25	21	21	20	20	20	20	19	19	19	18
53.50	21	21	21	20	20	20	20	19	19	19
53.75	22	21	21	21	20	20	20	20	19	19
54.00	22	22	21	21	21	21	20	20	20	19
54.25	22	22	22	21	21	21	21	20	20	20
54.50	23	22	22	22	21	21	21	21	20	20
54.75	23	23	22	22	22	21	21	21	21	20
55.00	23	23	23	22	22	22	22	21	21	21
55.25	24	23	23	23	22	22	22	22	21	21
55.50	24	24	23	23	23	22	22	22	22	21
55.75	24	24	24	23	23	23	22	22	22	22
56.00	25	24	24	24	23	23	23	22	22	22
56.25	25	25	24	24	24	23	23	23	23	22
56.50	25	25	25	24	24	24	23	23	23	23
56.75	25	25	25	25	24	24	24	23	23	23
57.00	26	25	25	25	25	24	24	24	23	23

CIRCUM										
VALUE	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
57.25	26	26	25	25	25	25	24	24	24	23
57.50	26	26	26	26	25	25	25	24	24	24
57.75	27	26	26	26	26	25	25	25	24	24
58.00	27	27	26	26	26	26	25	25	25	24
58.25	27	27	27	26	26	26	26	25	25	25
58.50	28	27	27	27	26	26	26	26	25	25
58.75	28	28	27	27	27	26	26	26	26	25
59.00	28	28	28	27	27	27	26	26	26	26
59.25	28	28	28	28	27	27	27	26	26	26
59.50	29	28	28	28	28	27	27	27	26	26
59.75	29	29	28	28	28	28	27	27	27	26
60.00	29	29	29	28	28	28	28	27	27	27
60.25	30	29	29	29	28	28	28	28	27	27
60.50	30	30	29	29	29	28	28	28	28	27
60.75	30	30	30	29	29	29	28	28	28	28
61.00	31	30	30	30	29	29	29	28	28	28
61.25	31	31	30	30	30	29	29	29	28	28
61.50	31	31	31	30	30	30	29	29	29	28
61.75	31	31	31	30	30	30	30	29	29	29
62.00	32	31	31	31	30	30	30	30	29	29
62.25	32	32	31	31	31	30	30	30	30	29
62.50	32	32	32	31	31	31	30	30	30	30
62.75	33	32	32	32	31	31	31	30	30	30
63.00	33	32	32	32	32	31	31	31	30	30
63.25	33	33	32	32	32	32	31	31	31	30
63.50	33	33	33	32	32	32	32	31	31	31
63.75	34	33	33	33	32	32	32	32	31	31
64.00	34	34	33	33	33	32	32	32	32	31
64.25	34	34	34	33	33	33	32	32	32	32
64.50	34	34	34	34	33	33	33	32	32	32
64.75	35	34	34	34	34	33	33	33	32	32
65.00	35	35	34	34	34	34	33	33	33	32
65.25	35	35	35	34	34	34	33	33	33	33
65.50	36	35	35	35	34	34	34	33	33	33
65.75	36	35	35	35	35	34	34	34	33	33
66.00	36	36	35	35	35	35	34	34	34	33
66.25	36	36	36	35	35	35	35	34	34	34

CIRCUM										
VALUE	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
66.50	37	36	36	36	35	35	35	35	34	34
66.75	37	37	36	36	36	35	35	35	35	34
67.00	37	37	37	36	36	36	35	35	35	34
67.25	37	37	37	36	36	36	36	35	35	35
67.50	38	37	37	37	36	36	36	36	35	35
67.75	38	38	37	37	37	36	36	36	36	35
68.00	38	38	38	37	37	37	36	36	36	36
68.25	38	38	38	38	37	37	37	36	36	36
68.50	39	38	38	38	37	37	37	37	36	36
68.75	39	39	38	38	38	37	37	37	37	36
69.00	39	39	39	38	38	38	37	37	37	37
69.25	39	39	39	39	38	38	38	37	37	37
69.50	40	39	39	39	38	38	38	38	37	37
69.75	40	40	39	39	39	38	38	38	38	37
70.00	40	40	40	39	39	39	38	38	38	38
70.25	40	40	40	40	39	39	39	38	38	38
70.50	41	40	40	40	39	39	39	39	38	38
70.75	41	41	40	40	40	39	39	39	39	38
71.00	41	41	41	40	40	40	39	39	39	39
71.25	41	41	41	41	40	40	40	39	39	39
71.50	42	41	41	41	40	40	40	40	39	39
71.75	42	42	41	41	41	40	40	40	40	39
72.00	42	42	42	41	41	41	40	40	40	40
72.25	42	42	42	41	41	41	41	40	40	40
72.50	43	42	42	42	41	41	41	41	40	40
72.75	43	43	42	42	42	41	41	41	41	40
73.00	43	43	43	42	42	42	41	41	41	40
73.25	43	43	43	42	42	42	42	41	41	41
73.50	44	43	43	43	42	42	42	42	41	41
73.75	44	44	43	43	43	42	42	42	41	41
74.00	44	44	43	43	43	43	42	42	42	41
74.25	44	44	44	43	43	43	43	42	42	42
74.50	45	44	44	44	43	43	43	42	42	42
74.75	45	44	44	44	44	43	43	43	42	42
75.00	45	45	44	44	44	44	43	43	43	42
75.25	45	45	45	44	44	44	43	43	43	43
75.50	45	45	45	45	44	44	44	43	43	43
75.75	46	45	45	45	45	44	44	44	43	43