

**SCREENING WEIGHTS , MAXIMUM ALLOWABLE BODY FAT PERCENTAGES, & MAXIMUM ABDOMINAL CIRCUMFERENCE.**

A. Screening Weights. Screening weights listed below are age and gender neutral. Service members who fall below the minimum weight standards must be referred for a medical evaluation. \*NOTE: YOU MUST BE AT LEAST 60" TO ENROLL AT CGA\*

Minimum Screening Weight (lbs)	Height (inches)	Maximum Screening Weight (lbs)
91	58	131
94	59	136
97	60	141
100	61	145
104	62	150
107	63	155
110	64	160
114	65	165
117	66	170
121	67	175
125	68	180
128	69	186
132	70	191
136	71	197
140	72	202
144	73	208
148	74	214
152	75	220
156	76	225
160	77	231
164	78	237
168	79	244
173	80	250

B. Maximum Allowable Body Fat Percentage (MABF)

Age	Percent Body Fat (Men)	Percent Body Fat (Women)
Less than 30	22%	32%
Less than 40	24%	34%
Age 40 or greater	26%	36%

C. Maximum Abdominal Circumference (AC) measurement. The maximum AC measurement is 39.0 inches for males and 35.5 inches for females.