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Maximum allowable percent body fat standards

Information on the Army Weight Control Program maximum allowable percent body fat standards from AR 600-9, 01 September 2006

Maximum allowable percent body fat standards are as listed below. However, all personnel are encouraged to achieve the more stringent Department of Defense (DOD)-wide goal, which is 18 percent body fat for males and 26 percent body fat for females.

The information below is from **AR 600-9 The Army Weight Control Program, dated 01 September 2006.**

Age Group: 17-20

Male (% body fat): %20

Female (% body fat): %30

Age Group: 21-27

Male (% body fat): %22

Female (% body fat): %32

Age Group: 28-39

Male (% body fat): %24

Female (% body fat): %34

Age Group: 40 & Older

Male (% body fat): %26

Female (% body fat): %36

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