

BCA Date: \_\_\_\_\_

Command Name: \_\_\_\_\_

CFL Signature: \_\_\_\_\_

Cardio Type: \_\_\_\_\_ Run / \_\_\_\_\_ Swim / \_\_\_\_\_ Elliptical / \_\_\_\_\_ Bike

CFL Print Name: \_\_\_\_\_

Name (Last, First, M.I.)	Rank	Last 4 SSN	Age	Height (in.)	Weight (lbs)	% Body Fat	Member Signature

**BCA Males:**

Neck (in.)	Abdomen (in.)	BCA Formula
		<b>Males:</b> Abdomen – Neck = Circumference Value
		_____ - _____ = _____

**BCA Females:**

Neck (in.)	Waist (in.)	Hips (in.)	BCA Formula
			<b>Females:</b> (Waist + Hips) – Neck = Circumference Value
			( _____ + _____ ) - _____ = _____