



Normative Data for PFP Assessment

Body Composition (%Body Fat) Females

AGE							
%	20-29	30-39	40-49	50-59	60-69	70-79	
99	9.8	11	12.6	14.6	13.9	14.6	VL
95	13.6	14	15.6	17.2	17.7	16.6	
90	14.8	15.6	17.2	19.4	19.8	20.3	
85	15.8	16.6	18.6	20.9	21.4	23	
80	16.5	17.4	19.8	22.5	23.2	24	E
75	17.3	18.2	20.8	23.8	24.8	25	
70	18	19.1	21.9	25.1	25.9	26.2	
65	18.7	20	22.8	26	27	27.7	
60	19.4	20.8	23.8	27	27.9	28.6	G
55	20.1	21.7	24.8	27.9	28.7	29.7	
50	21	22.6	25.6	28.8	29.8	30.4	
45	21.9	23.5	26.5	29.7	30.6	31.3	
40	22.7	24.6	27.6	30.4	31.3	31.8	F
35	23.6	25.6	28.5	31.4	32.5	32.7	
30	24.5	26.7	29.6	32.5	33.3	33.9	
25	25.9	27.7	30.7	33.4	34.3	35.3	
20	27.1	29.1	31.9	34.5	35.4	36	P
15	28.9	30.9	33.5	35.6	36.2	37.4	
10	31.4	33	35.4	36.7	37.3	38.2	
5	35.2	35.8	37.4	38.3	39	39.3	
1	38.9	39.4	39.8	40.4	40.8	40.5	VP
n=	1360	3597	3808	2366	849	136	
Total n=	12,116						
Norms are based on Cooper Clinic patients with permission for the Cooper Institute Dallas Texas							
VL very lean, E excellent, G good, F fair, P poor, VP very poor							
Very Lean - No less than 10-13% body fat is recommended for females							