



Normative Data for PFP Assessment

Body Composition (%Body Fat) Males

AGE							
%	20-29	30-39	40-49	50-59	60-69	70-79	
99	4.2	7	9.2	10.9	11.5	13.6	VL
95	6.3	9.9	12.8	14.4	15.5	15.2	
90	7.9	11.9	14.9	16.7	17.6	17.8	
85	9.2	13.3	16.3	18	18.8	19.2	
80	10.5	14.5	17.4	19.1	19.7	20.4	E
75	11.5	15.5	18.4	19.9	20.6	21.1	
70	12.7	16.5	19.1	20.7	21.3	21.6	
65	13.9	17.4	19.9	21.3	22	22.5	
60	14.8	18.2	20.6	22.1	22.6	23.1	G
55	15.8	19	21.3	22.7	23.2	23.7	
50	16.6	19.7	21.9	23.2	23.7	24.1	
45	17.4	20.4	22.6	23.9	24.4	24.4	
40	18.6	21.3	23.4	24.6	25.2	24.8	F
35	19.6	22.1	24.1	25.3	26	25.4	
30	20.6	23	24.8	26	26.7	26	
25	21.9	23.9	25.7	26.8	27.5	26.7	
20	23.1	24.9	26.6	27.8	28.4	27.6	P
15	24.6	26.2	27.7	28.9	29.4	28.9	
10	26.3	27.8	29.2	30.3	30.9	30.4	
5	28.9	30.2	31.2	32.5	32.9	32.4	
1	33.3	34.3	35	36.4	36.8	35.5	VP
n=	1826	8373	10442	6079	1836	301	
Total n=	28,857						
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 3% body fat is recommended for males							