

Body Fat Percentage Chart

Printable body-fat percentage reference for broad category awareness and body-composition context.

Group	Men	Women
Essential fat	2-5%	10-13%
Athletic	6-13%	14-20%
Fitness	14-17%	21-24%
Average	18-24%	25-31%
Higher range	25%+	32%+

How to use this printable

Body-fat estimates vary by method. Treat results as directional rather than exact.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Body Fat Calculator: <https://tools.layna.com.au/health/body-fat-calculator/>

Body Fat Percentage Chart Guide: <https://tools.layna.com.au/blog/body-fat-percentage-chart/>

BMI vs Body Fat Percentage: <https://tools.layna.com.au/compare/bmi-vs-body-fat-percentage/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.