

SANE Body Fat % Cheatsheet

BODY FAT % CATEGORIES	
	WOMEN
ESSENTIAL FAT	10 - 13%
FITNESS PROFESSIONALS	14 - 20%
FIT	21 - 24%
AVERAGE	25 - 31%
EXCESS FAT	32% +
	MEN
ESSENTIAL FAT	2 - 5%
FITNESS PROFESSIONALS	6 - 13%
FIT	14 - 17%
AVERAGE	18 - 24%
EXCESS FAT	25% +

Women have less body fat than ~99% of their peers if their body fat % is...

18% at age 20
20% at age 30
23% at age 40
25% at age 50
27% at age 60+

Men have less body fat than ~99% of their peers if their body fat % is...

9% at age 20
13% at age 30
16% at age 40
19% at age 50
22% at age 60+

