

Hill's™ BFI (Body Fat Index) risk chart

20	16-25% body fat	30	26-35% body fat	40	36-45% body fat	50	46-55% body fat	60	56-65% body fat	70	>65% body fat
											
Low risk		Mild risk		Moderate risk		Serious risk		Severe risk		Extreme risk	
<p>Face Minimal fat cover. Prominent bony structures.</p> <p>Head & neck Prominent distinction between head & shoulder. Loose scruff. No scruff fat.</p> <p>Sternum Prominent. Very easy to palpate. Minimal pectoral fat.</p> <p>Scapula Prominent. Very easy to palpate.</p> <p>Ribs Prominent. Very easy to palpate.</p> <p>Abdomen Loose abdominal skin. Easy to palpate abdominal contents.</p> <p>Tail base Prominent bony structure. Easy to palpate. Minimal fat cover.</p> <p>Shape from the side Moderate to slight abdominal tuck.</p> <p>Shape from above Marked hourglass.</p>		<p>Face Slight fat cover. Defined bony structures.</p> <p>Head & neck Clear distinction between head & shoulder. Loose scruff. Slight scruff fat.</p> <p>Sternum Defined, slightly prominent. Easy to palpate. Slight to moderate pectoral fat.</p> <p>Scapula Defined, slightly prominent. Easy / Very easy to palpate.</p> <p>Ribs Not prominent. Easy to palpate.</p> <p>Abdomen Loose abdominal skin with minimal fat. Easy to palpate abdominal contents.</p> <p>Tail base Slightly to minimally prominent bony structure. Palpable. Slight fat cover.</p> <p>Shape from the side No abdominal tuck.</p> <p>Shape from above Slight hourglass / Lumbar waist.</p>		<p>Face Slight to moderate fat cover. Defined to slight bony structures.</p> <p>Head & neck Clear to slight distinction between head & shoulder. Loose to snug scruff. Slight to moderate scruff fat.</p> <p>Sternum Minimally prominent. Palpable. Moderate pectoral fat.</p> <p>Scapula Slightly prominent. Easy to palpate.</p> <p>Ribs Not prominent. Palpable.</p> <p>Abdomen Obvious skin fold with moderate fat. Easy to palpate abdominal contents.</p> <p>Tail base Minimally prominent bony structure. Palpable. Slight to moderate fat cover.</p> <p>Shape from the side Slight abdominal bulge.</p> <p>Shape from above Lumbar waist.</p>		<p>Face Moderate fat cover. Slight to minimal bony structures.</p> <p>Head & neck Minimal distinction between head & shoulder. Loose to snug scruff. Moderate scruff fat.</p> <p>Sternum Poorly defined. Difficult to palpate. Thick pectoral fat.</p> <p>Scapula Minimally to not prominent. Palpable.</p> <p>Ribs Not prominent. Difficult to palpate.</p> <p>Abdomen Heavy fat pad. Difficult to palpate abdominal contents.</p> <p>Tail base Poorly defined bony structure. Difficult to palpate. Moderate to thick fat cover.</p> <p>Shape from the side Moderate abdominal bulge.</p> <p>Shape from above Broadened back.</p>		<p>Face Thick fat cover. Minimal to no bony structures.</p> <p>Head & neck Poor to no distinction between head & shoulder. Snug to tight scruff. Very thick scruff fat.</p> <p>Sternum Not prominent. Extremely difficult to palpate. Extremely thick pectoral fat.</p> <p>Scapula Not prominent. Difficult to palpate.</p> <p>Ribs Not prominent. Extremely difficult to impossible to palpate.</p> <p>Abdomen Very heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents.</p> <p>Tail base Bony structure not prominent. Very difficult to palpate. Very thick fat cover.</p> <p>Shape from the side Severe abdominal bulge.</p> <p>Shape from above Severely broadened back.</p>		<p>Face Very thick fat cover. No bony structures.</p> <p>Head & neck No distinction between head & shoulder. Tight scruff. Very thick scruff fat.</p> <p>Sternum Not prominent. Impossible to palpate. Extreme pectoral fat.</p> <p>Scapula Not prominent. Impossible to palpate.</p> <p>Ribs Not prominent. Impossible to palpate.</p> <p>Abdomen Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents.</p> <p>Tail base Bony structure not prominent. Extremely difficult to palpate. Extremely thick fat cover.</p> <p>Shape from the side Very severe abdominal bulge.</p> <p>Shape from above Extremely broadened back.</p>	

