



South Dakota High School Activities Association

804 North Euclid, Suite 102 • P.O. Box 1217 • Pierre, South Dakota 57501

Phone: (605) 224-9261 • Fax: (605) 224-9262

Tanita Weight Slip Contents

Following the body composition measurement on the Tanita Scale, a printout will be attached to the athlete's assessment form. This data will need to be entered into the OPC system for the "Alpha Weight".

The image shows a Tanita TBF-300WA plus body composition analyzer printout. It includes sections for input data (Body Type, Gender, Age, Height, Clothes Weight), results (Weight, Fat %, BMI), target values (Target BF%, Predicted weight, Predicted fat mass, Fat to lose), and a Wrestler Mode section. Annotations with arrows point to specific fields: 'STANDARD' for Body Type, 'Alpha Weight' for the Weight result, 'Alpha Body Fat %' for the Fat % result, 'Target' for the Target BF% section, and 'Wrestle Mode' for the Wrestler Mode section.

TANITA
BODY COMPOSITION
ANALYZER
TBF-300WA plus
16/SEP/2022 10:09

INPUT
BODY TYPE **STANDARD**
GENDER MALE
AGE 25
HEIGHT 5ft11.0in
CLOTHES WEIGHT 0.4lb

RESULT
WEIGHT 183.6lb
FAT % 18.1 %
BMI 25.6

TARGET
TARGET BF% is: 12 %
Predicted weight: 171.0lb
Predicted fat mass: 20.6lb
FAT TO LOSE: 12.6lb
Consult your physician before beginning any weight management program. Tanita is not responsible for determining your targetBF%.

Wrestler Mode
Min WEIGHT at 7% BF is 161.8lb
FAT MASS 11.4lb
FFM 150.4lb
Min Weight is calculated as per state association guidelines.

*BIOELECTRICAL DATA
50kHz
R 547.6
X -73.9

Verify that this reads "**STANDARD**" for body type and that the gender, age, and height are accurate.

Alpha Weight

Alpha Body Fat %

Target - this is your minimum weight at 7% or 12% body fat.

Wrestle Mode - cannot be formatted to 12%. Disregard. Same information as "Target" box.

SDHSAA- Serving Students Since 1905

Board Chairperson – Mr. Mark Murphy
Assistant Director – Ms. Jo Auch
Assistant Director – Mr. Brooks Bowman

Executive Director – Dr. Daniel Swartos
Assistant Director – Mr. Randy Soma
Finance Director – Mr. Ryan Mikkelsen