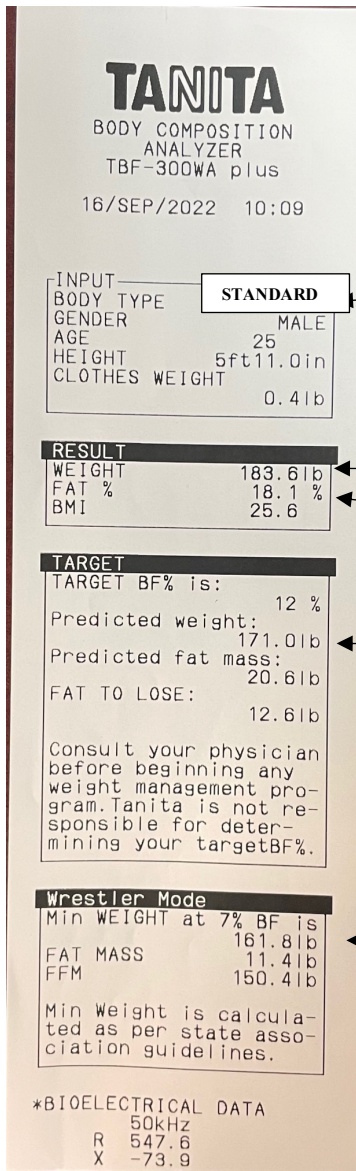




Tanita Weight Slip Contents

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".



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.

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