



Where to look (see diagram)	1/9	2/9	3/9	4/9	5/9	6/9	7/9	8/9	9/9
Ribs (red star)	Easily visible at a distance	Easily visible	Can be felt easily	Can be felt easily	Felt w/ gentle pressure	Felt w/ pressure	Felt w/ heavy pressure	Cannot feel	Cannot feel
Lower spine (blue circle)	Easily visible at a distance	Easily visible	Visible	Can be felt easily	Felt w/ gentle pressure	Felt w/ pressure	Difficult to feel	Cannot feel	Cannot feel
Hip/Pelvic bones (green star)	Easily visible at a distance	Easily visible	Becoming visible	Not visible, can be felt	Not visible, can be felt	Not visible, can be felt	Cannot feel	Cannot feel	Cannot feel
Body fat	None seen or felt	None seen or felt	Very little felt	Very little	Mild	Moderate – in excess	Noticeable – ribs, flanks, tail	Thick – ribs, flanks, tail	Thick – ribs, belly, flanks, tail
Muscle of legs, alongside spine	Obvious loss of muscle	Minimal loss	Minimal loss	Good muscle tone	Good muscle tone	Good muscle tone	Becoming difficult to feel	Cannot feel	Cannot feel
Waist from above (purple arrow)	Severe	Severe	Moderate	Easily seen	Easily seen	Visible	Absent – sides parallel	Waist pushing out	Waist pushing out
Belly tuck from side (orange arrow)	Severe	Severe	Moderate	Easily seen	Easily seen	Visible	May be seen	Belly distended	Belly very distended

**UNDERWEIGHT**

**IDEAL**

**OVERWEIGHT**