







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

Clinic:

Patients name: \_\_\_\_\_

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



# 3 steps to determine ideal weight



**1** Weigh the pet

**2** Determine the pet's body fat percentage using images and descriptors on the reverse side

**3** Establish ideal weight using this chart

Current weight (kg)	Ideal body weight (kg)					
	20% body fat	30% body fat	40% body fat	50% body fat	60% body fat	70% body fat
3	3.0	2.6	2.3	1.9	1.5	1.4
3.5	3.5	3.1	2.6	2.2	1.8	1.5
4	4.0	3.5	3.0	2.5	2.0	1.7
4.5	4.5	3.9	3.4	2.8	2.3	1.9
5	5.0	4.4	3.8	3.1	2.5	2.0
5.5	5.5	4.8	4.1	3.4	2.8	2.2
6	6.0	5.3	4.5	3.8	3.0	2.4
6.5	6.5	5.7	4.9	4.1	3.3	2.6
7	7.0	6.1	5.3	4.4	3.5	2.7
7.5	7.5	6.6	5.6	4.7	3.8	2.9
8	8.0	7.0	6.0	5.0	4.0	3.1
8.5	8.5	7.4	6.4	5.3	4.3	3.2
9	9.0	7.9	6.8	5.6	4.5	3.4
9.5	9.5	8.3	7.1	5.9	4.8	3.6
10	10.0	8.8	7.5	6.3	5.0	3.7
10.5	10.5	9.2	7.9	6.6	5.3	3.9
11	11.0	9.6	8.3	6.9	5.5	4.1
11.5	11.5	10.1	8.6	7.2	5.8	4.3
12	12.0	10.5	9.0	7.5	6.0	4.4
12.5	12.5	10.9	9.4	7.8	6.3	4.6
13	13.0	11.4	9.8	8.1	6.5	4.8
13.5	13.5	11.8	10.1	8.4	6.8	4.9
14	14.0	12.3	10.5	8.8	7.0	5.1
14.5	14.5	12.7	10.9	9.1	7.3	5.3
15	15.0	13.1	11.3	9.4	7.5	5.4
15.5	15.5	13.6	11.6	9.7	7.8	5.6
16	16.0	14.0	12.0	10.0	8.0	5.8
16.5	16.5	14.4	12.4	10.3	8.3	6.0

Ideal body weights are calculated using current weight. Body Fat Index may vary slightly by breed and individual.

