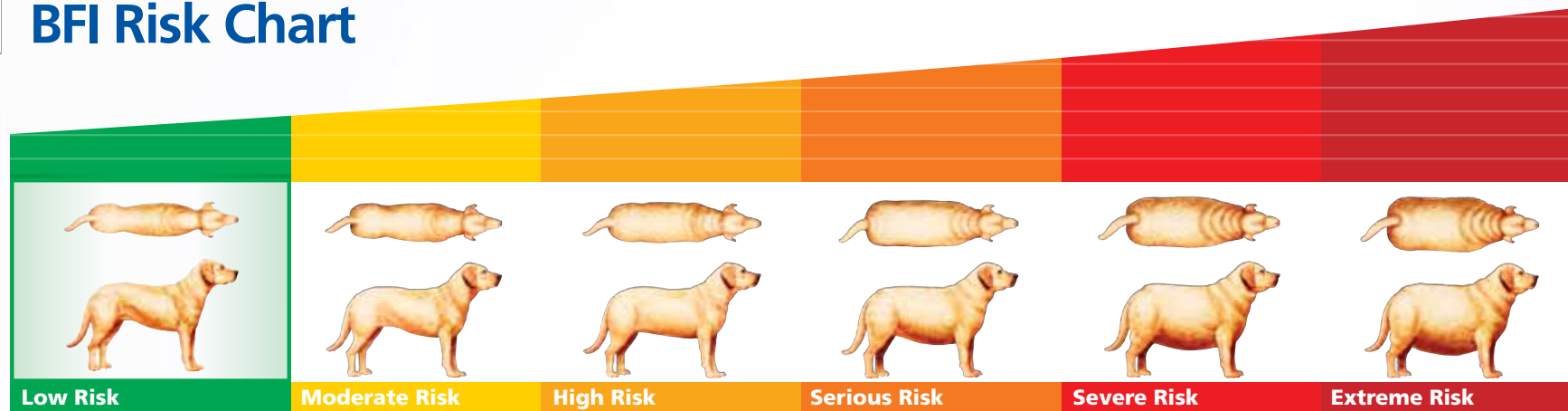




# BFI Risk Chart



## 20 15-25% Body Fat

**Ribs**  
Slightly prominent.  
Easily felt.  
Thin fat cover.

**Shape From Above**  
Well proportioned lumbar waist.

**Shape From the Side**  
Abdominal tuck present.

**Shape From Behind**  
Clear muscle definition, smooth contour.

**Tail Base Bones**  
Slightly prominent.  
Easily felt.

**Tail Base Fat**  
Thin fat cover.

## 30 25-35% Body Fat

**Ribs**  
Slightly to not prominent.  
Can be felt.  
Moderate fat cover.

**Shape From Above**  
Detectable lumbar waist.

**Shape From the Side**  
Slight abdominal tuck.

**Shape From Behind**  
Losing muscle definition, rounded appearance.

**Tail Base Bones**  
Slightly to not prominent.  
Can be felt.

**Tail Base Fat**  
Moderate fat cover.

## 40 35-45% Body Fat

**Ribs**  
Not prominent.  
Very difficult to feel.  
Thick fat cover.

**Shape From Above**  
Loss of lumbar waist, broadened back.

**Shape From the Side**  
Flat to bulging abdomen.

**Shape From Behind**  
Rounded to square appearance.

**Tail Base Bones**  
Not prominent.  
Very difficult to feel.

**Tail Base Fat**  
Thick fat cover.  
May have a small fat dimple.

## 50 45-55% Body Fat

**Ribs**  
Not prominent.  
Extremely difficult to feel.  
Very thick fat cover.

**Shape From Above**  
Markedly broadened back.

**Shape From the Side**  
Marked abdominal bulge.

**Shape From Behind**  
Square appearance.

**Tail Base Bones**  
Not prominent.  
Extremely difficult to feel.

**Tail Base Fat**  
Very thick fat cover.  
Fat dimple or fold present.

## 60 55-65% Body Fat

**Ribs**  
Not prominent.  
Impossible to feel.  
Extremely thick fat cover.

**Shape From Above**  
Extremely broadened back.

**Shape From the Side**  
Severe abdominal bulge.

**Shape From Behind**  
Square appearance.

**Tail Base Bones**  
Not prominent.  
Impossible to feel.

**Tail Base Fat**  
Extremely thick fat cover.  
Large fat dimple or fat fold.

## 70 65-75% Body Fat

**Ribs**  
Unidentifiable.  
Impossible to feel.  
Extremely thick fat cover.

**Shape From Above**  
Extremely broadened back, bulging mid-section.

**Shape From the Side**  
Very severe abdominal bulge.

**Shape From Behind**  
Irregular or upside down pear shape.

**Tail Base Bones**  
Unidentifiable.

**Tail Base Fat**  
Extremely thick fat cover.  
Large fat folds or pads.

## Is your dog at increased risk?

The right weight loss nutrition can help reduce the risks associated with high body fat percentage.

### As body fat increases, so does the risk for:

- Increased physical injury
- Arthritis
- Diabetes
- Reduced mobility
- Cancer
- Shortened life expectancy
- Respiratory disease
- Kidney disease
- Pancreatitis



# 3 Steps To Determine Ideal Weight

**Step 1**  
Weigh the pet.

**Step 2**  
Determine pet's Body Fat Percentage using images & descriptors on the reverse side.

**Step 3**  
Establish ideal weight using this chart.

Ideal body weights are calculated using current weight and body fat index.

Current Weight	Ideal Body Weight [lbs]					
	Body Fat % <b>20</b>	Body Fat % <b>30</b>	Body Fat % <b>40</b>	Body Fat % <b>50</b>	Body Fat % <b>60</b>	Body Fat % <b>70</b>
10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
20	20	17.5	15.0	12.5	10.0	7.5
25	25	21.9	18.8	15.6	12.5	9.4
30	30	26.3	22.5	18.8	15.0	11.3
35	35	30.6	26.3	21.9	17.5	13.1
40	40	35.0	30.0	25.0	20.0	15.0
45	45	39.4	33.8	28.1	22.5	16.9
50	50	43.8	37.5	31.3	25.0	18.8
55	55	48.1	41.3	34.4	27.5	20.6
60	60	52.5	45.0	37.5	30.0	22.5
65	65	56.9	48.8	40.6	32.5	24.4
70	70	61.3	52.5	43.8	35.0	26.3
75	75	65.6	56.3	46.9	37.5	28.1
80	80	70.0	60.0	50.0	40.0	30.0
85	85	74.4	63.8	53.1	42.5	31.9
90	90	78.8	67.5	56.3	45.0	33.8
95	95	83.1	71.3	59.4	47.5	35.6
100	100	87.5	75.0	62.5	50.0	37.5
105	105	91.9	78.8	65.6	52.5	39.4
110	110	96.3	82.5	68.8	55.0	41.3
115	115	100.6	86.3	71.9	57.5	43.1
120	120	105.0	90.0	75.0	60.0	45.0
130	130	113.8	97.5	81.3	65.0	48.8
140	140	122.5	105.0	87.5	70.0	52.5
150	150	131.3	112.5	93.8	75.0	56.3
160	160	140.0	120.0	100.0	80.0	60.0



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