

# DIAA Bioelectrical Impedance Assessment Data Form

ARE YOU A NEW OR RETURNING WRESTLING? Circle One NEW RETURNING

WRESTLER'S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ Grade: 9 10 11 12  
FIRST MI LAST

GENDER: \_\_\_\_\_ Male \_\_\_\_\_ Female

SCHOOL ATTENDING: \_\_\_\_\_

LOCATION OF ASSESSMENT: \_\_\_\_\_ DATE \_\_\_\_\_

TYPE OF ASSESMENT: \_\_\_\_\_ Initial Assessment \_\_\_\_\_ Appeal

DIAA Assessor \_\_\_\_\_

**Step 1 – Assess hydration level of athlete**  
(Note: Specific gravity must be < 1.025)

→  Pass  Fail

**Step 2 – Assess height in feet and inches**  
Note: round down to nearest ½ inch

→

**STEP 3: Record scratch weight at initial assessment**  
Note: Record weight to nearest 1/10 of a pound

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**STEP 4: Bioelectrical Impedance Assessment**

Note: approved equipment: Tanita TBF-300WA

In standard mode. Calculated Body Fat % on print out.

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**STAPLE ASSESSMENT PRINT-OUT HERE**