

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



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.

