Hill's™ BFI (Body Fat Index) Risk Chart

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.	**Face** Slight fat cover. Defined bony structures.	**Face** Slight to moderate fat cover. Defined to slight bony structures.	**Face** Moderate fat cover. Slight to minimal bony structures.	**Face** Thick fat cover. Minimal to no bony structures.	**Face** Very thick fat cover. No bony structures.
Head & Neck Prominent distinction between head & shoulder. Loose scruff. No scruff fat.	**Head & Neck** Clear distinction between head & shoulder. Loose scruff. Slight scruff fat.	**Head & Neck** Clear to slight distinction between head & shoulder. Loose to snug scruff. Slight to moderate scruff fat.	**Head & Neck** Minimal distinction between head & shoulder. Loose to snug scruff. Moderate scruff fat.	**Head & Neck** Poor to no distinction between head & shoulder. Snug to tight scruff. Very thick scruff fat.	**Head & Neck** No distinction between head & shoulder. Tight scruff. Very thick scruff fat.
Sternum Prominent. Very easy to palpate. Minimal pectoral fat.	**Sternum** Defined, slightly prominent. Easy to palpate. Slight to moderate pectoral fat.	**Sternum** Minimally prominent. Palpable. Moderate pectoral fat.	**Sternum** Poorly defined. Difficult to palpate. Thick pectoral fat.	**Sternum** Not prominent. Extremely difficult to palpate. Extremely thick pectoral fat.	**Sternum** Not prominent. Impossible to palpate. Extreme pectoral fat.
Scapula Prominent. Very easy to palpate.	**Scapula** Defined, slightly prominent. Easy / Very easy to palpate.	**Scapula** Slightly prominent. Easy to palpate.	**Scapula** Minimally to not prominent. Palpable.	**Scapula** Not prominent. Difficult to palpate.	**Scapula** Not prominent. Impossible to palpate.
Ribs Prominent. Very easy to palpate.	**Ribs** Not prominent. Easy to palpate.	**Ribs** Not prominent. Palpable.	**Ribs** Not prominent. Difficult to palpate.	**Ribs** Not prominent. Extremely difficult to impossible to palpate.	**Ribs** Not prominent. Impossible to palpate.
Abdomen Loose abdominal skin. Easy to palpate abdominal contents.	**Abdomen** Loose abdominal skin with minimal fat. Easy to palpate abdominal contents.	**Abdomen** Obvious skin fold with moderate fat. Easy to palpate abdominal contents.	**Abdomen** Heavy fat pad. Difficult to palpate abdominal contents.	**Abdomen** Very heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents.	**Abdomen** Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents.
Tail Base Prominent bony structure. Easy to palpate. Minimal fat cover.	**Tail Base** Slightly to minimally prominent bony structure. Palpable. Slight fat cover.	**Tail Base** Minimally prominent bony structure. Palpable. Slight to moderate fat cover.	**Tail Base** Poorly defined bony structure. Difficult to palpate. Moderate to thick fat cover.	**Tail Base** Bony structure not prominent. Very difficult to palpate. Very thick fat cover.	**Tail Base** Bony structure not prominent. Extremely difficult to palpate. Extremely thick fat cover.
Shape From the Side Moderate to slight abdominal tuck.	**Shape From the Side** No abdominal tuck.	**Shape From the Side** Slight abdominal bulge.	**Shape From the Side** Moderate abdominal bulge.	**Shape From the Side** Severe abdominal bulge.	**Shape From the Side** Very severe abdominal bulge.
Shape From Above Marked hourglass.	**Shape From Above** Slight hourglass / Lumbar waist.	**Shape From Above** Lumbar waist.	**Shape From Above** Broadened back.	**Shape From Above** Severely broadened back.	**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)					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
1	1.0	0.9	0.8	0.6	0.5	0.4
2	2.0	1.8	1.5	1.3	1.0	0.8
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

HillsVet.com/Metabolic

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

Hill's

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Developed and validated in partnership with veterinarians at the University of Tennessee.