



Competitor Name _____

Show _____

All requirements must be taken and submitted within 10 days of registration. Please read and review requirements prior to submitting info

<https://www.naturalfitfederation.com/nff-transformation-division-rules/>

Body Weight _____

3 site Measurements

CHEST _____ inches

WAIST _____ inches

HIPS _____ inches

3 site Skinfolds (Provide actual measurements in millimeters)

Male:

CHEST _____ mm

ABDOMEN _____ mm

THIGH _____ mm

Female:

TRICEPS _____ mm

SUPRAILIAC/HIP _____ mm

THIGH _____ mm

Email form and photos to: chrisie@naturalfitfederation.com