

Comparison of mechanical calipers:

	MetaCal – Sequoia Fitness Products	Accu-Measure	Slim Guide
Cost	Very Low	Average – about \$2- \$19.99	High - \$4.90-\$29.95
Low price guarantee by 10%	YES	No	No
Instructions and bag in base price	YES	No	Not with bulk
Results chart supplied	3 year age range, every 3 mm – MOST PRECISE	5 year age gaps, every 2 mm – no substantiation for over 36 mm readings– Not precise	10 year age gaps, every 5 mm – Not Precise
Crisp printing and readability	YES	No	Yes
Designed for standard multi- site body fat test procedures	YES	No	Yes
Designed for 1 site test	No	Yes, no formulas are available to validate testing methodology	No
Designed for trainers	YES	No	Yes
Designed for military	YES	No	No
Range of skinfold	70 mm	60 mm	80 mm
Allows for skinfold to settle	Yes	No – stops at click point	Yes
Proven in market	Since 1978, validated by American Hospital Supply	Since 1992, based design on MetaCal original configuration	Since 1976
Number of parts	1	2	5
Size	Small	Small	Large – might be difficult to use with small hands
Tip Pressure	Light	Light	High
Springs	No	No	Yes – could wear out