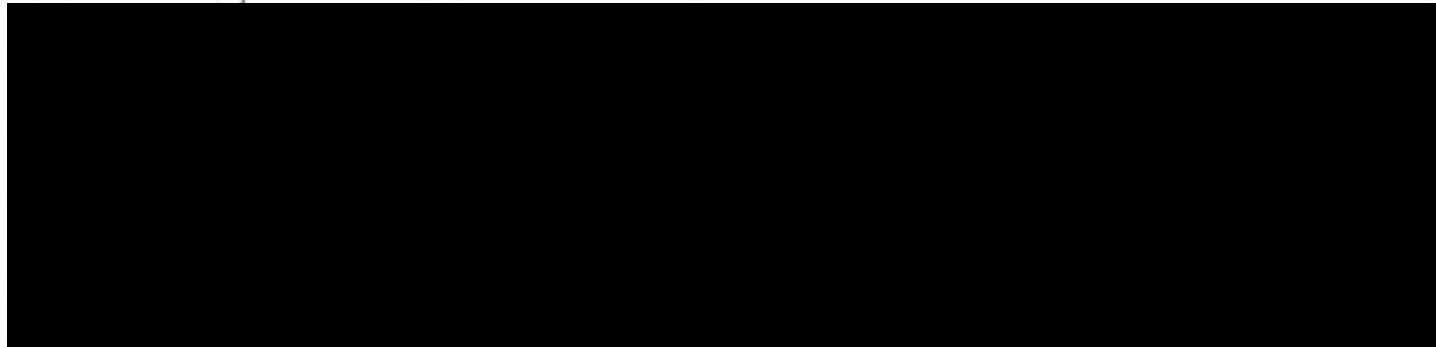




National Contest Testing Data Form

Name Angie Hanes

Start Date ~~9/17/14~~ 9/17/16
(10-week finishing date)



	Initial	Week 10	Testing 1	Testing 2	Testing 3	Testing 4
Evaluation Date	7/9/14	9/17/14	12/17/14 12/17/14	3/18/17	6/8/17	
Picture Taken	Yes	Yes			Yes	
Body Weight Weight in pounds	315	280	276.6 289	280.6	262.4	264.2
Body Fat Percentage	48.2%	45.4%	45.0%	44.8	43.6	44.1%
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	14	40	48	28	41	
Sit-Ups	7	20	26	22	16	
Sit and Reach Score	9	15	15	17 1/4	17 3/4	
<input type="checkbox"/> Mile Run <input checked="" type="checkbox"/> Walk Run	17:12	13:55	13:00	13:20	12:07	
Location Manager Initials	SP	SP	SP	SP	SP	

Optional

MEASUREMENTS: (use left side of body for arm and thigh)

- The chest should be measured at the largest point, arms down, measure in back.
- For waist, measure around the individual at the belly button.
- For arm, place right hand at left elbow, pinky finger parallel down, measure at the top of the hand. (index finger)
- For thigh, place left thumb in groin, measure below the pinky finger.
- Hips should be measured at the largest point, use hip flexor area as beginning placement point.

All measurements in inches:

	Initial	Week 10	Testing 1	Testing 2	Testing 3	Testing 4
Chest	56 1/2	50 1/2	51.25	50 3/4	48 1/2	50
Waist	53 3/4	51 1/4	49.0	47 1/2	47	45
Arm	17 1/4	16 1/4	15.75	15 1/4	14	14.75
Thigh	27	27	27.0	25 1/2	25	25
Hips	55 1/4	53 1/2	52.0	48 3/4	47	49.25