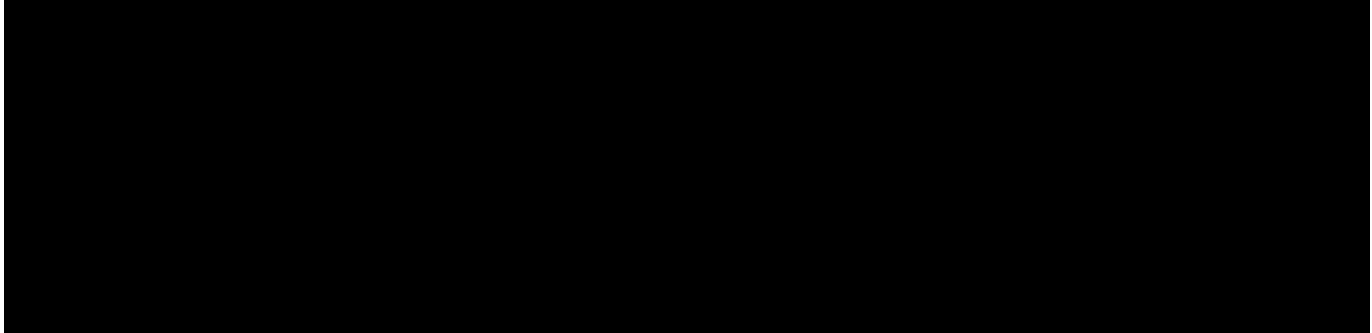




\$10,000 Contest
Testing Data Form

Name Carly Stahn Start Date September 2016
(10 week Finishing Date)



	Initial	10 Week	Testing 1	Testing 2	Testing 3	Testing 4
Evaluation Date	7/9	9/17	12/10	3/19	6/10	9/7
Picture taken						
Body Weight <small>SCALE#</small> Weight in Pounds	284	252	226	213	187½	155
Body Fat Percentage	48.5	47.1	42.9	41.4	38.3	27%
Push-Ups Knees: <input type="checkbox"/> Yes <input type="checkbox"/> No	29	62	65	70	72	75
Sit-Ups	13	30	40	39	45	57
Sit and Reach Score	5	8¾	10¼	10½	11	12½
<input type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	14:44	11:43	11:51	10:40	9:23	8:30
Location Manager Initials	MS	MS	MS	MS	MS	MS

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 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	10 Week	Testing 1	Testing 2	Testing 3	Testing 4
Chest	48	43	42	43	39½	34½
Waist	58	42	40	41	38	31¼
Arm L	15¾	13½	13½	12	12¼	11
Thigh L	30.5	25	27½	26	24	21½
Hips	56¼	51½	49½	47	44¼	38½