

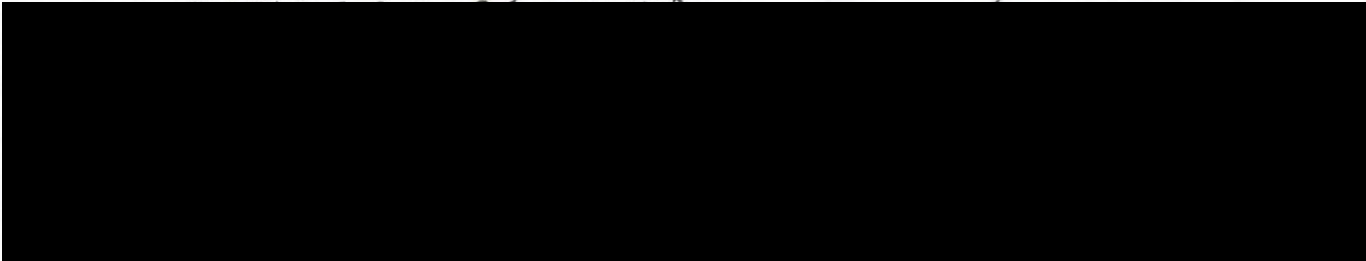


**\$10,000 Contest
Testing Data Form**

Name CASSIE LESLIE

Start Date 9/17/16

(10 week Finishing Date)



Note: Testing 1 will be 10 to 12 weeks following the finishing of the first 10 week program. Testing 4 will be 1 year from finishing the first 10 weeks.

	Initial	10 Week	Testing 1	Testing 2	Testing 3	Testing 4
Evaluation Date	7/9/16	9/17/16	12/17/16	4/8/17	6/26/17	9/23/17
Picture taken	✓	✓				
Body Weight Weight in Pounds	SCALE# 208.4	183.2	175.8	169	160	148
Body Fat Percentage	36.5	32.7	30.8	29.6	27.7	25.9
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	21	41	53	60	62	65
Sit-Ups	23	40	36	40	42	50
Sit and Reach Score	14.25	15.5	15	15.25	15.75	16.50
<input checked="" type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	11:57	9:52	9:47	8:38	8:33	8:00 7:55
Location Manager Initials	CRM	CRM	CRM			

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	41.5	38.75	36.25	36.25	37	35.5
Waist	42.5	35.5	35.25	34.5	35.75	32
Arm	15.25	13.5	12.75	12.14	13	11.5
Thigh	27.5	23.5	23.25	23.25	23	22
Hips	50	45	44.5	43.75	44.25	40.5

6
10.5
3.7
5.5
9.5
35.2