



\$10,000 Contest Testing Data Form

Name Karla Gering

Start Date 6/18/16
(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	4/9/16	6/18/16	10/1/16	12/19/16	4/15/17	6/24/17
Picture taken	yes	yes				yes
Body Weight Weight in Pounds	SCALE # <u>1</u> 182.6	170.0	165.4	159	163.8	165.4
Body Fat Percentage	32.6	31.3	29.5%	28.2%	30.8%	30.9%
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	22	50	55	56	62	69
Sit-Ups	14	26	32	33	34	34
Sit and Reach Score	18	18	18			
<input type="checkbox"/> Mile Run <input checked="" type="checkbox"/> Walk Run	12:44	11:20			11:04	10:23
Location Manager Initials						

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	43 1/4	41	39 1/4"		37"	37"
Waist	39 1/2	36 3/4	34"		33 3/4"	31 1/2"
Arm	14 3/4	13 3/4	12 1/2"		12 1/2"	12 1/4"
Thigh	25 3/4	23 1/2	22 1/4"		22 3/4"	22 3/4"
Hips	43 1/2	41 3/4	39 1/2"		39 1/2"	38 1/2"