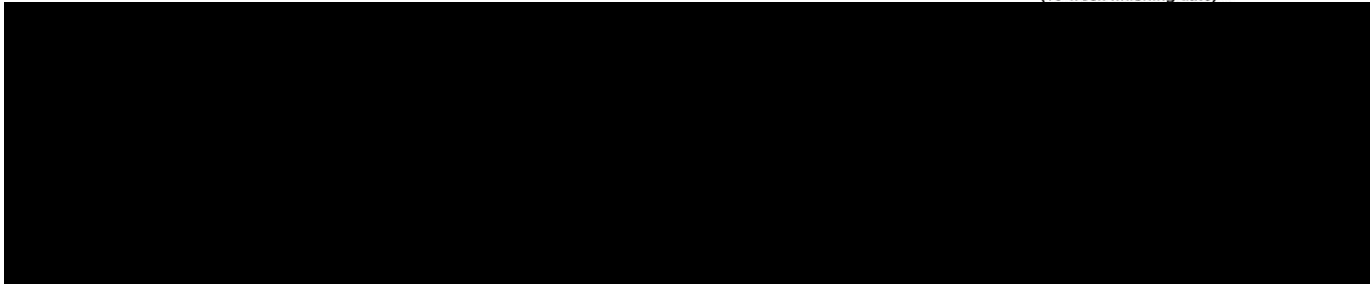


National

ONE YEAR \$10,000 CHALLENGE

National Contest Testing Data Form

Name Joleen Martin Peters Start Date October 8, 2016
(10-week finishing date)



Note: Testing 1 will be 10 to 15 weeks following the finishing of the first 10-week session. Testing 4 will be one year from finishing the first 10 weeks.

	Initial	Week 10	Testing 1	Testing 2	Testing 3	Testing 4
Evaluation Date	10-8-16	12-17-16	3-18-17	6-18-17	9-23-17	12/16/17
Picture Taken	10-8-16	12-17-16	N/A	N/A	N/A	12-16-17
Body Weight Weight in pounds	SCALE # <u>A</u> 179.6	159.4	160.8	157.2	173.8	156.8
Body Fat Percentage	29.2	24.8	26.2	24.6	27.3	24.0
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	42	59	60	70	65	75
Sit-Ups	32	48	44	50	45	55
Sit and Reach Score	11.5	12	14	15	14.25	16
<input checked="" type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	8:14	7:53	8:04	6:42	7:43	7:35
Location Manager Initials	PK	PK	PK	BJ	RF	PK

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	38	37	37	37.25	38.25	37
Waist	36.5	31	32.75	32.75	31.50	30.75
Arm	12	11 1/4	12	12	12	11.5
Thigh	22	22 3/4	22.5	21	21.5	19.75
Hips	43.5	39 3/4	40.5	41	41.5	38.75