



## \$10,000 Contest Testing Data Form

Name Karen Switala

Start Date 12/17/16  
(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	10-8-16	12-17-16	3-18-17	6-17-17	9-23-17	12-15-17
Picture taken	Yes ✓	Yes ✓				Yes
Body Weight Weight in Pounds	SCALE# <u>2</u> 253.4	231.4	206.8	192.4	181.4	169.4
Body Fat Percentage	43.4	41.7	39.6	37.9	36.6	35.8
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	8	32	44	52	55	62
Sit-Ups	0	17	25	30	34	37
Sit and Reach Score	11"	13"	15"	15 <sup>3</sup> / <sub>4</sub> "	16 <sup>1</sup> / <sub>4</sub> "	17
<input type="checkbox"/> Mile Run <input checked="" type="checkbox"/> Walk Run	18 min.	14:46	13:02	12:55	11:54	10:45
Location Manager Initials	<u>DS</u>	<u>DS</u>	<u>DS</u>	<u>DS</u>	<u>DS</u>	

### 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	46	43	40 <sup>3</sup> / <sub>4</sub>	39	38	37
Waist	45.5	41	37 <sup>3</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>2</sub>	34 <sup>1</sup> / <sub>2</sub>	33
Arm	18	15 <sup>3</sup> / <sub>4</sub>	15	13	13	13
Thigh	31 <sup>1</sup> / <sub>2</sub>	28.5	27.5	25	24 <sup>1</sup> / <sub>2</sub>	24
Hips	55	49 <sup>3</sup> / <sub>4</sub>	46 <sup>1</sup> / <sub>2</sub>	44 <sup>3</sup> / <sub>4</sub>	44	42 <sup>1</sup> / <sub>2</sub>

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