



National Contest Testing Data Form

Name Hattie McGowan Start Date 9/17/16
(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	7/9/16	9/17/16	12/17/16	3/18/17	6/17/17	9/16/17
Picture Taken	Yes	Yes				Yes
Body Weight <small>SCALE #</small> Weight in pounds	276.8	249.2	239.2	243.0	239.4	233.0
Body Fat Percentage	46.6	43.8	42.1	44	42.7	41.7
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	34	56	65	66	68	65
Sit-Ups	17	31	33	34	35	37
Sit and Reach Score	19.25	23.5	22.5	22.5	22.5	23.75
<input type="checkbox"/> Mile Run <input checked="" type="checkbox"/> Walk Run	15:55	12:04	12:00	11:54	11:47	11:26
Location Manager Initials	CN	CN	CN	CN	CN	CN

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	53	49	47.5	47	48.25	45.5
Waist	52.5	47.4	45	44	45.5	44.5
Arm	14	15	14.5	13.5	14.5	14.5
Thigh	24	23.5	22.5	22.25	23.5	23
Hips	53.75	49	48	47.5	47.5	47.25