



## \$10,000 Contest Testing Data Form

Name Melissa Jungels

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	4/11/16	6/18/16	10/15/16	1/14/17	3/25/17	6/17/17
Picture taken	Yes	Yes				Yes
Body Weight <small>SCALE #</small> Weight in Pounds	201.2	173.2	169.2	166.1	161.3	148.6
Body Fat Percentage	33.1	28.7	25.8	25.3	24.7	22.3
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	19	51	52	60	66	79
Sit-Ups	24	44	46	48	50	53
Sit and Reach Score	15.75	16.75	16.75	17.00	17.25	17.5
<input checked="" type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	11:30	9:10	9:20	9:33	9:02	7:12
Location Manager Initials	CRM	CRM	CRM	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	44.25	39	<del>38.25</del>			38.25
Waist	43.25	35 <sup>1</sup> / <sub>4</sub>	<del>32.75</del>			32.75
Arm	13.25	12 <sup>1</sup> / <sub>2</sub>	<del>12.0</del>			12.00
Thigh	24	21 <sup>3</sup> / <sub>4</sub>	<del>21</del>			21
Hips	46.5	42	<del>38.5</del>			38.5