FARRELL'S NATIONAL

National Contest Testing Data Form

Name Lisa Reberg Start Date 3/19/16 (10-week finishing date)

[redacted]

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	1/16	3/16	7/16	10/18	12/17	4/17
Picture Taken	✓	✓				✓
Body Weight SCALE # Weight in pounds	167.8	165.6	162.8	157.4	155.2	147.6
Body Fat Percentage	31.4	31.7	31.7	29.9	29.2	28.3
Push-Ups Knees: ☐ Yes ☐ No	31	45	55	56	58	60
Sit-Ups	33	39	48	52	54	51
Sit and Reach Score	38cm	38cm	38cm	43cm	44	44½
☑ Mile Run ☐ Walk Run	9:10	7:46	7:43	7:38	7:37	7:35
Location Manager Initials	KB	KB	KB	KB	KB	KB

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	38.5	36.5	35.75	35.5	34.75	33.25
Waist	35.5	34	34	31.75	31	29
Arm	11.25	10.75	10.25	10.25	10.5	9¾
Thigh	22.25	20.75	20.25	19.75	19.75	19
Hips	42.75	41.75	41	40.75	40	38