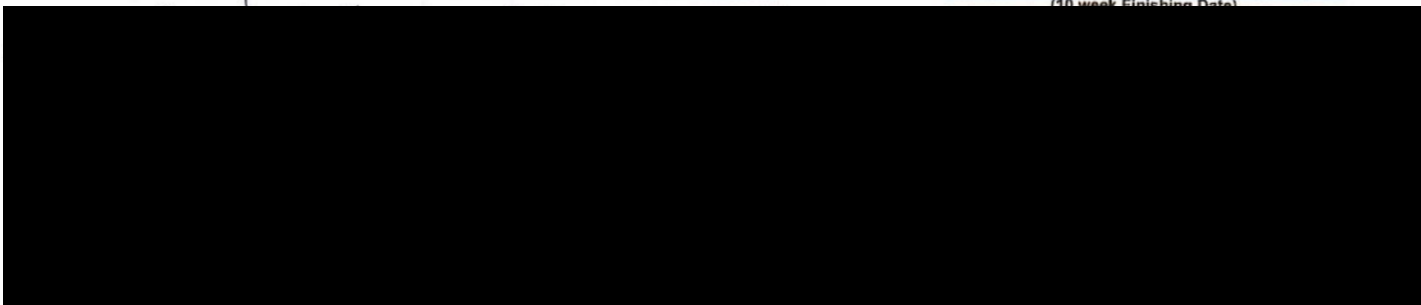




## \$10,000 Contest Testing Data Form

Name Taylor Salowski

Start Date 9/17/2016  
(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	7/9/16	9/17/16	12/17/16	3/18/17	6/15/17	9/22/17
Picture taken	✓	✓	—	—	—	✓
Body Weight <small>SCALE #</small> Weight in Pounds	168.4	145.2	120	114.8	114.5	116.2
Body Fat Percentage	27.8	21.6	9.5	<del>10.8</del> 6.8	6.2	8.1
Push-Ups <small>Knees: <input type="checkbox"/> Yes <input type="checkbox"/> No</small>	32	80	60	67	69	83
Sit-Ups	32	49	51	49	50	58
Sit and Reach Score	13.25	15.25	16.25	15.5	15.75	16.25
<input checked="" type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	9:35	7:56	7:48	7:17	7:20	6:31
Location Manager Initials	KR	KR	DS	KR	CB	DBA!

### 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	37 1/2	35 1/2	31 1/2	31 1/2	<del>31 1/2</del>	31
Waist	35 3/4	29 1/4	27	26	26 3/4	25 3/4
Arm	13	11 3/4	10 1/2	9 1/2	9 1/2	9 1/2
Thigh	22 1/2	21 1/2	18 3/4	18	17 3/4	17
Hips	40 3/4	37 3/4	33	32	32 1/4	31 1/2