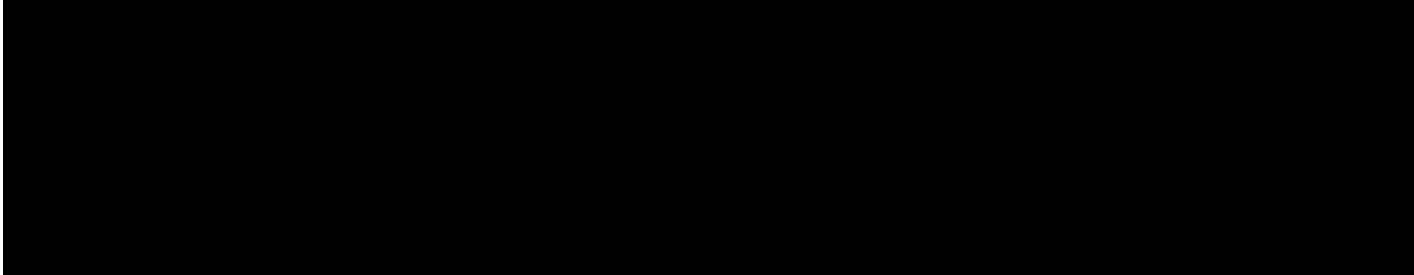


National

ONE YEAR \$10,000 CHALLENGE

National Contest Testing Data Form

Name Sandra McGinnis Start Date 3/19/16
(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	1/11/16	3/19/16	6/15/16	9/15/16	12/15/16	3/17/17
Picture Taken						
Body Weight <small>SCALE#</small> Weight in pounds	179.0	169.0	160	149	147.8	144.6
Body Fat Percentage	36.8	33.6	31.5	28.3	28.3	27.2
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	14	54	61	59	65	63
Sit-Ups	19	34	32	34	36	39
Sit and Reach Score	9 1/4	15	15	15.5	16 1/4	16 3/4
<input checked="" type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	Icy	10:30	9:51	9:48	9:23	9:16
Location Manager Initials	(K)	(K)	(K)	(K)	(K)	(K)

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	40 3/4	38 3/4	36	35	35.5	34.5
Waist	37	34 3/4	32	29.5	30	29.5
Arm	12 3/4	12 1/4	11 1/2	11	11	11
Thigh	24 1/2	23 1/4	23 3/4	20	19.5	19.25
Hips	44	42	39	37.5	38	37.5