



## National Contest Testing Data Form

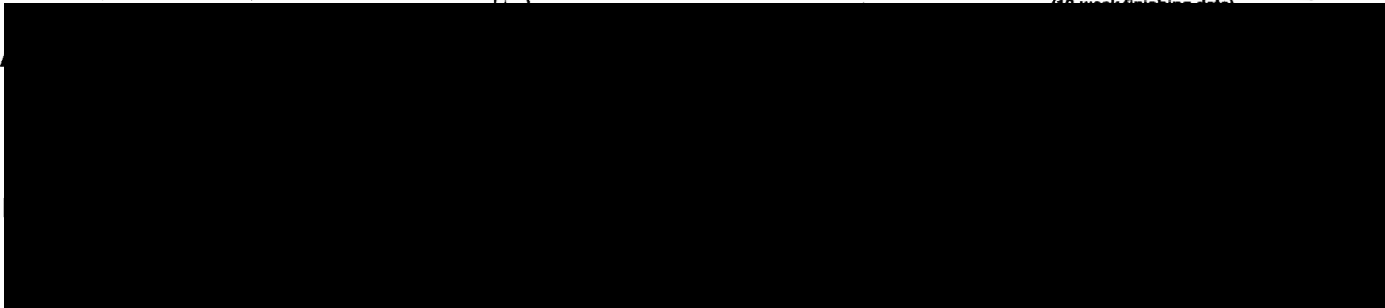
Name

Sarah Higgins

Start Date

12.17.17

~~10.12.2016~~  
(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	10/12/16	12/17/17	3/18/17	6/17/17	9/23/17	12/15/17
Picture Taken						12/15/17
Body Weight Weight in pounds	SCALE # <u>A</u> 179	164	141.2	140.8	138.6	133.4
Body Fat Percentage	40.9	33.8	30.7	29	27.3	24.9
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	13	60	58	58	54	72
Sit-Ups	14	40	39	38	44	50
Sit and Reach Score	10	13 3/4	10 1/4	12 1/2	13 1/2	14 1/2 <i>SW</i>
<input type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	—	—	—	—	—	—
Location Manager Initials	<i>SW</i>	<i>SW</i>	<i>SW</i>	<i>SW</i>	<i>SW</i>	<i>SW</i>

### 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	41.5	37 1/2	35		38 1/4	34 1/2
Waist	41.0	34	32 3/4		32	30
Arm	12.5	10 1/2	10 1/4		10 1/4	10
Thigh	24.75	23	24		22	22 1/4
Hips	46.5	43 1/4	41 1/4		39 3/4	39