



National Contest Testing Data Form

Name Sarah Hantz Start Date 9/17/16
(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	7/12/16	9/17/16	1/14/17	4/15/17	6/29/17	9/26/17
Picture Taken						
Body Weight <small>SCALE #</small> Weight in pounds	248	217.5	186.3	176.2	173.5	162.9
Body-Fat Percentage	42.2%	37.8%	23.3	17.5	16.3	15.2
Push-Ups Knees: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	26	38	48	53	53	62
Sit-Ups	0	21	30	29	33	33
Sit and Reach Score	18	22	22 ^{3/4}	23 ^{1/4}	24	25
<input type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run	14:23	12:19	10:22	9:45	9:04	8:37
Location Manager Initials	PW	PW	PK	PK	PK	PK

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	49	43.75	40	39	37.5	35 ^{1/2}	15.5
Waist	48.5	41.5	39.5	37.5	35	32 ^{1/2}	16
Arm	14.5	14.0	12.5	12.25	11.75	11 ^{1/2}	10.5
Thigh	27	25.5	24.5	23.75	22.25	21 ^{1/4}	5.75
Hips	48.5	43.5	42	40.5	39.25	37 ^{1/4}	11.25