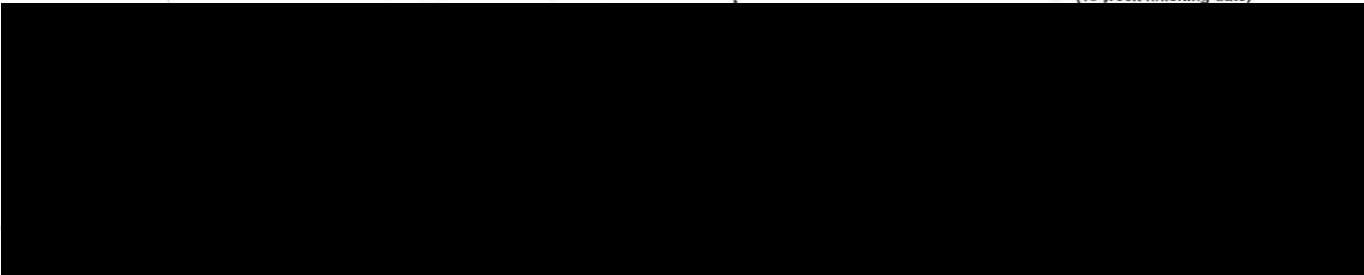




## National Contest Testing Data Form

Name Jennifer Vold Start Date 4/9/16  
(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   | 1/2016         | 4/2016  | 9/2016    | 12/2016   | 3/2017    | 6/2017    |
| Picture Taken   | Yes            | Yes     |           |           | Yes       | Yes       |
| Body Weight<br>Weight in pounds   | SCALE #<br>189 | 160.2   | 151.8     | 154.2     | 148.8     | 127.8     |
| Body Fat Percentage   | 47.9%          | 39.8%   | 29.9%     | 30.8%     | 27.6%     | 19.1%     |
| Push-Ups<br>Knees: <input type="checkbox"/> Yes <input type="checkbox"/> No | 13             | 49      | 51        | 61        | 63        | 73        |
| Sit-Ups   | 14             | 37      | 37        | 41        | 44        | 46        |
| Sit and Reach Score   | 8.25           | 10      | —         | 32        | 31.5      | 34        |
| <input type="checkbox"/> Mile Run <input type="checkbox"/> Walk Run         | 12:08          | 10:47   | 9:53      | —         | 9:46      | 8:14      |
| Location Manager Initials   | JVB            | JVB     | JVB       | JVB       | JVB       | JVB       |

### 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 | 45      | 38.75   | 36.5      | 36.25     | 35.25     | 33.75     |
| Waist | 42.5    | 34.5    | 33.5      | 33.5      | 33        | 27        |
| Arm   | 13      | 11      | 10.25     | 10.25     | 10.25     | 9.5       |
| Thigh | 23.5    | 19.5    | 18.75     | 18.75     | 18.75     | 17.75     |
| Hips  | 46.5    | 40      | 38.75     | 38.75     | 38.25     | 35.5      |