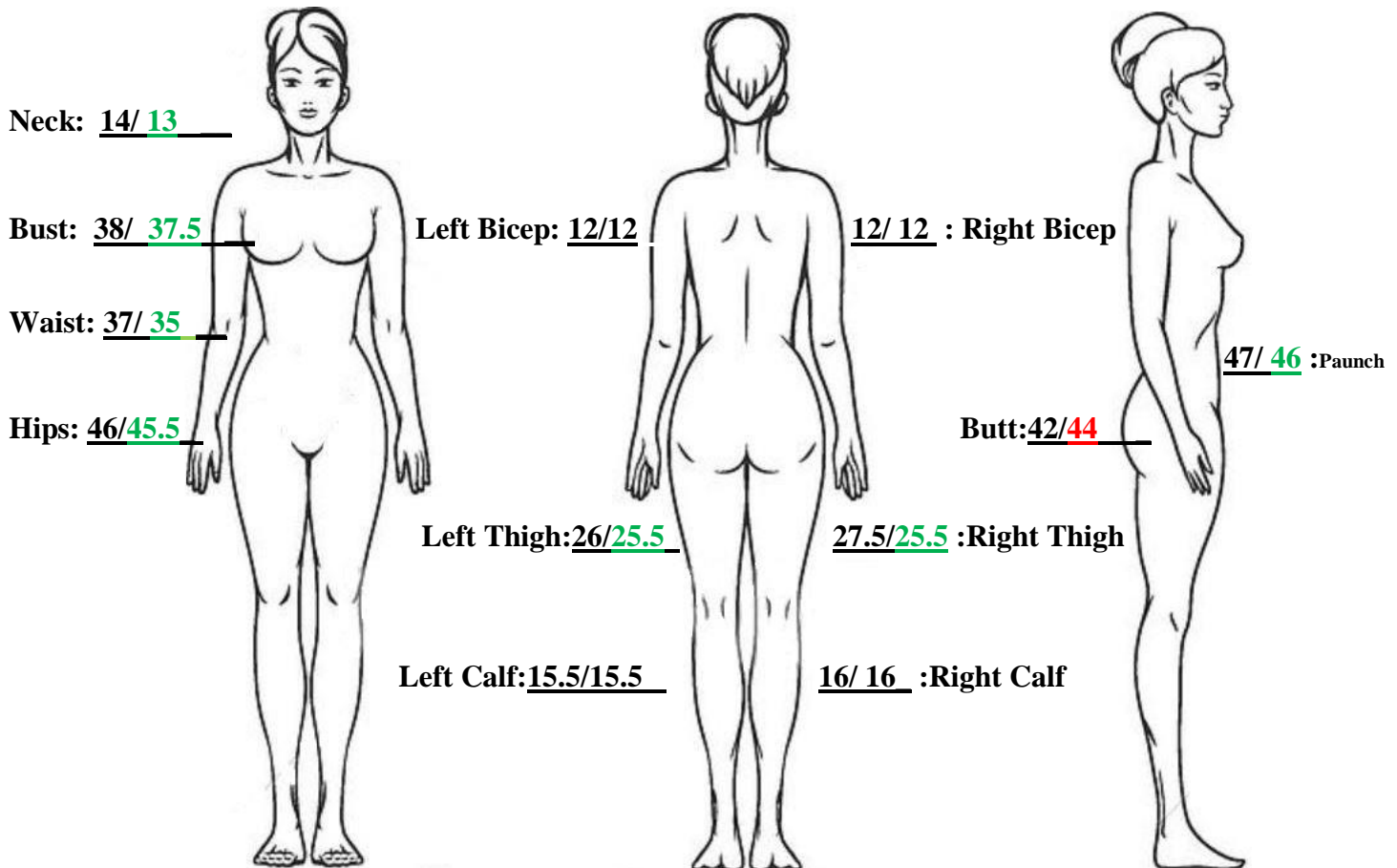


## End of 1<sup>st</sup> Phase Evaluation Worksheet

Name: Janice Bynes

Date: 01.11.2019

### Measurements



### Basic Information

1) Age: 56	2) Height: 5 feet 7 inches	3) Weight: (189.8) <b>183.4</b>	Category: Obese/
4) BMI: 29.7 / <b>28.7</b>	5) Blood Pressure: N/A	6) Resting Heart Rate: 84 / <b>80</b>	
7) Body Fat: 43.3% / <b>41.7</b>	8) Lean Body Mass: 86.2 lbs / 107.0	9) Body Fat Mass: 65.8 lbs / <b>75.4</b>	

### Cardiovascular Capacity

1 mile test: Client runs on treadmill until 1 mile (or 1.6km) is completed. Client is in control of speed and can increase or decrease the speed whenever they need until total distance is completed:

Total time to complete 1 mile: (23.35/1 mile HR: After 145 HR: 60 sec. rest 100) 24.15 minutes/1 mile

HR After: 160 HR 60 sec. rest: 80

Name:

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## Flexibility



## Muscular Endurance

Each test is done until exhaustion:

Push-ups (Full): 1 / 2 Push-ups (Knee): 5 / 7 Plank (Straight): 20sec/ 30 sec Plank (Elbow): 20sec/15sec

Wall Sit: 30sec/ 57sec

Sit Ups: 6 / 10+

## Notes

### Important Points:

- Want to improve upper body strength
- Want to gain more flexibility
- Want to tone and firm
- Sweating profusely is not necessary
- Short but effective workouts desired
- Would like to weigh 160/165

### Weightloss Goal:

**30lbs**

### Actual Weightloss:

**6.4lbs**

**+ 5.5" off overall**

### Measurements Review:

- \* You lost a total of 5.5 inches overall
- \* Your Butt measurement shows an "increase" in inches when really it signifies that it has elevated (squats at work!)
- \* The fact your extremity inches now match shows you worked them evenly

### Basic Info Review:

- \* You lost 6.4lbs which made all your numbers improve
- \* Your Body Fat Mass increased because the narrowing of your waist widened your Hip to waist ratio.

### Cardio Capacity Review:

- \* Your resting heart rate has improved which means your heart has become stronger

### Flexibility Review:

- \* Your flexibility not only improved but you evened out on both sides!!!

### Muscular Endurance Review:

- \* Don't know what happened with your plank, but over all improvement with every skill

### Important Points:

- \* Each of the goals we listed as important to you were met at the end of you 12 Week Phase One Program except for reaching your weight goal

- \* It was explained, by choosing the 8/16 Intermittent Fasting Schedule, a huge reduction in weight would not be possible

- \* In order to see dramatic weight loss quickly, a more aggressive IF Schedule must be implemented.