








Date Collection:

Assessment		Results	Results 9/20/08	Optimal	Comments
Age		41 years old	41 years old	n/a	n/a
Weight		188.5 Lbs (85.68kg)	175 Lbs (79.54kg) <b>13.5 pounds</b> Down	154 Lbs (24%) - 169 Lbs (31%)	A minimum fat loss of 2 pounds to a maximum fat loss of 15.5 Lbs is recommended. This is a HUGE achievement. Previously, you were a minimum fat loss of 19.5 to a maximum fat loss of 34.5 Lbs. You should really be proud of yourself!
Body Fat		71.63 Lbs (38%)	56.12 Lbs (32%) <b>15.51 pounds of Fat</b> Down	37.13 Lbs (24%) - 52.13 Lbs (31%)	A minimum fat loss of 2 pounds to a maximum fat loss of 15.5 Lbs is recommended. This is a HUGE achievement. Previously, you were a minimum fat loss of 19.5 to a maximum fat loss of 34.5 Lbs. You should really be proud of yourself!
Body Frame		Medium	Medium	n/a	n/a
Lean Body Weight		62% (116.87 Lbs)	67.93% (118.88 Lbs) <b>2.1 pounds of Lean Muscle Mass</b> Gained	116.87 Lbs (62%)	Minimal muscle mass gain. This result proves exercise program was accurate. The goal was to lose fat and maintain muscle mass. Mission Accomplished!
Height		5'3" (63 inches)	5'3" (63 inches)	n/a	n/a
Resting Heart Rate		58bpm	n/a	Aerobically fit person: 50-65bpm Athlete: 40-50bpm	Excellent!
Resting Blood Pressure (RBP)		104/62	n/a	≤ 120/80	Excellent!
Body Mass Index		33.46kg/m <sup>2</sup>	31.07kg/m <sup>2</sup> <b>2.39kg/m<sup>2</sup></b> Down	"Normal" 18.5kg/m <sup>2</sup> - 24.9kg/m <sup>2</sup> "Overweight" 25.0-29.9 "Obesity I" 30.0-34.9 "Obesity II" 35-39.9	Still Obesity "I" however have improved. Congratulations!
Triceps Fold (Age Specific) Compared to mean		29mm	23.6mm <b>5.4mm</b> Down	Mean is 25.1mm	Optimal! You have lost excess fat in your triceps. Congratulations!
Body Composition (4 site skinfold test)		38% Body Fat	32.07% Body Fat <b>5.93% Body Fat</b> Down	Acceptable Ranges (Lower end) = 9 - 23% (Higher end) = 24 - 31% (Obese) = 35 +	You are no longer in the Obese category. You are at the Higher End of Acceptable Range. Keep up the great work!
<b>Body Measurements (inches)</b>					
Neck		12.5	 12	n/a	n/a
Upper Arm (left)		12	 11.5	n/a	n/a
Chest		38	 37	n/a	n/a
Waist		35	 32	n/a	n/a
Belly		47	 38.5	n/a	n/a
Hips		47.5	 46.5	n/a	n/a
Thigh (left)		25.5	 24.5	n/a	n/a
Calve(left)		17	17	n/a	n/a

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Waist to Hip Ratio		0.74	↓ 0.69	>.8	<b>Optimal! Great work!</b>		
Resting Metabolic Rate (RMR) Average of WHO and Owens		1500 +/- kcal/day	n/a	n/a	n/a		
Thermic Effect of Physical Activity (TEPA)		300 kcal/day	n/a	300 kcal/day	n/a		
Thermic Effect of Food (TEF)		200 kcal	n/a	200 kcal	n/a		
Total Daily Energy Expenditure (TDEE)		2000 +/- kcal/day	n/a	n/a	n/a		
Total Daily Energy Intake (TDEI)		1634.40 kcal/day	n/a	Should balance expenditure for weight maintenance or caloric deficit for weight loss	Numbers indicate weight loss would be occurring		
% Macronutrient contribution		32% Protein	n/a	~15 - 20%	Above optimal		
		30% CHD	n/a	45 - 55%	Below Optimal!		
		35% Fat	n/a	≤ 25%	Above optimal		
		27% Saturated Fat	n/a	≤ 10%	Above optimal		
Fasting Total Cholesterol		Not Provided	n/a	< 200mg/l	Slightly above optimal		
	HDL	Not Provided	n/a	>40	Not Provided		
	LDL	Not Provided	n/a	<150	Not Provided		
	Total Triglycerides	Not Provided	n/a	<200	Not Provided		
	Glucose	Not Provided	n/a	60-99mg/dl	Not Provided		
Cardiovascular Assessment - 3 Minute YMCA Step Test to determine fitness level and to properly develop exercise program		1 Minute = 13 RPE 2 Minute = 15 RPE 3 Minute = 19 RPE Minute Recovery = 113bpm	1 1	1 Minute = 13 RPE 2 Minute = 13 RPE 3 Minute = 15 RPE Minute Recovery = 120bpm	1 1	Excellent = 51-84bpm Good = 89-96bpm Above Average = 100-104bpm Average = 107-112bpm Below Average = 115-120bpm	<b>Below Average</b>
Muscular Endurance Test	Push-Ups	15	26 <b>Up 11 reps</b>	Excellent = ≥ 24 Average = 15-23; 14; Above Average = 11-14; Below Average = 5 - 10	<b>Excellent gain in endurance!</b>		
	Wall Sit	50 seconds	1 minute and 31 seconds <b>Up 41 seconds</b>	No Norms	<b>Excellent gain in endurance!</b>		
	Curl-ups	38	61 <b>Up 23 reps</b>	≥ 24 = Excellent	<b>WOW! Excellent gain in endurance!</b>		
Flexibility Assessments	Sit & Reach	34.89 cm	33.62 cm <b>Down 1.27 cm</b>	≥ 38 = Excellent Above Average = 34 - 37 Average = 30-33	Borderline Average/Above Average!		
	Right Hand Over	Meets	Meets	Meets = Excellent	Excellent!		
	Left Hand Over	3 inch gap	Meets	Meets = Excellent	<b>Goal achieved. Congratulations!</b>		

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<i>Psychosocial Elements (assists or barriers)</i>	Asst: Does not get discouraged easily, hard working, goal setting, reliable, enjoys nature, healthy family relationship, exciting life, sleeps well, good communicator, does not escape through substance abuse, committed, has willpower, healthy outlook on health and fitness	Barr: May need structure, maybe overwhelmed with life responsibilities, Maybe take on too much in personal life, may look for a "rush" or "thrill", May overeat due to stress, May feel like she has failed is routine is broken, even if it's for a brief moment	Same	Assessors should out weigh barriers	The assistsors outweigh the barriers however barriers lean toward feast or famine behavior, which can lead to Yo-Yo dieting.
<i>Client's Program Goal</i>		A Healthy and Active Lifestyle	<b>Achieved!</b>	Balance in nutrition and physical fitness will lead to a healthy lifestyle	<b>Attainable if "balance" is achieved</b>