

Tall Trainer Fitness Systems

Results Sheet

Client Name: Cherie Berry

Measurement #: 1 2 3 4 5 6 7
 DATE: 3/17/2007 4/16/2007 5/12/2007

Body Weight: 151 146 138

Age: 50
 Gender: Feet
 Height: Feet 5 Inches 1

	Systolic	Diastolic	Sys	Dia	Sys	Dia	Sys	Dia	Sys	Dia	Sys	Dia	Sys	Dia
Blood Pressure	126	79	118	79	113	72								

Resting HR: 77 80 84

% Body Fat: 34.6 35.4 32.9
 Tanita (S): 34.6
 Tanita (A): 31.4

Circumferences:

Neck	13.1	13.1	12.75				
Upper Arm	11.6	11.2	11.25				
Chest	40.5	39.5	39				
Waist	35.4	32.2	32				
Hip	41.9	40.25	39.5				
Thigh	21	20.9	19				

Strength Tests:

Push-ups	5	8	23				
Sit-ups	10	28	29				
Legs							

Flexibility Tests:

Quads/Hips	120	133	135				
Hamstrings	148	163	169				
Calf	102	108.5	108				
Shoulder	158	164	160				

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Results Tracking Sheet

Client Name:	Cherie Berry			Today's Date:	5/12/2007	
Program Start:	3/17/2007					
Start Weight:	151					
Start %BF:	34.6					
Current Measurement Cycle:	Start Date:	4/16/2007		End Date:	5/12/2007	
Beginning Weight:	146					
Current Weight:	138					
Weight Lost:	-8			Good Work, Keep it up!!		
Weight Lost From Program Start:				-13 lbs.		
Precent Body Fat:						
Beginning %BF	35.4	Beginning Lean Body Mass:	94.3			
Current % BF	32.9	Current Lean Body Mass:	92.6			
% BF Change:	-2.5	Lean Body Mass Change:	-1.7 Lost			
Percent Body Fat Change From Program Start:	-1.7 %					
Circumferences:	Beginning	Current	Change	From Program Start		
Neck	13.1	12.75	-0.35	-0.35		
Upper Arm	11.2	11.25	0.05	-0.35		
Chest	39.5	39	-0.5	-1.5		
Waist	32.2	32	-0.2	-3.4		
Hip	40.25	39.5	-0.75	-2.4		
Thigh	20.9	19	-1.9	-2		
			-3.65	-10		
Blood Pressure:	Current Blood Pressure			Initial Blood Pressure		
	Systolic	113	Normal	Systolic	126	Normal
	Diastolic	72	Normal	Diastolic	79	Normal
Resting HR:	Current:	84	Previous:	80	Initial:	77
Muscle Tests:	Percentage Increase*	Current # of lifts	Last Measurement # of lifts	Initial Measurement # of lifts		
Push-Ups	360.0	23	8	5		
Sit-Ups	190.0	29	28	10		
Legs	N/A	N/A	N/A	0		
Flexibility Tests	Current	Last	Change	From Program Start		% increase
Quad/Hip	135	133	2	15		11.1
Hamstrings	169	163	6	21		12.4
Calf	108	108.5	-0.5	6		5.6
Shoulder	160	164	-4	2		1.3