

CIRCLE OF LIFE

Madeline Wall October 2018 **MONTH ONE** To help us both clarify what health goals or concerns you want to address during your program, please take a few moments to fill in the following and bring it to your first session. Please write three goals for each time period.

GOAL SETTING BASED ON CIRCLE OF LIFE

MONTH ONE:

- 1. Home Cooking:
 - 30-Day Nutritional Cleans and all other meals prepared at home. No Eating out.
- Home Environment: (Unpermitted room) Weekly Actions: Blank permits from city, contact inspector w/ status, communicate with draftsmen to stay on task with city, move up to date of December 10th for permits
- 3. **Physical Activity**: Attend Zumba Class, Cardio Kickboxing, Walk Steps in Culver City (5 x/week)

MONTH TWO

- 1. **Social Life:** Finding a Bible Study group, league bowling activity, MeetUp groups for hiking
- 2. **Career:** Study for RHIA Exam put together study schedule. Time: 1 hr/night (2 days a week) weekends (3 hours each day)
- 3. **Creativity:** Creative writing class, Creative Dance Class explore

MONTH THREE

- 1. Finance: Establish budget for monthly saving put away \$150/week do not touch
- 2. **Joy:** Revisit exercise regiment, incorporate weight lifting & Schedule Theatre Time
- 3. **Health:** Schedule Dr. appointment: Physical health check

MEASUREMENTS IN INCHES: MONTH ONE

TIME STAMP FRONT

UPPER

 Neck:
 15.25

 Chest:
 46

 Waist:
 40.5

 Buttocks:
 53

 L Upper Arm:
 17.25

 R Upper Arm:
 17.25

LOWER

L Thigh: 28.5
R Thigh: 29
L Calf: 17.75
R Calf: 17.75

247 LBS 282.25 INCHES 47% BODY FAT MASS



FRONT



SIDE



BACK



NOTES FROM COACHING SESSION: PRIVATE

GOALS MONTH ONE 1. **Home Cooking:** 2. **Home Environment:** 3. Physical Activity: Week 1: Week 2: Week 3: Week 4:

MEASUREMENTS IN INCHES: MONTH TWO

TIME STAMP FRONT

UPPER

 Neck:
 14.25

 Chest:
 43

 Waist:
 38.75

 Buttocks:
 50.5

 L Upper Arm:
 16

 R Upper Arm:
 16.25

LOWER

L Thigh: 27.5
R Thigh: 28
L Calf: 17
R Calf: 17

231.4 LBS 268.25 INCHES 46.3% BODY FAT MASS



FRONT SIDE BACK







NOTES FROM COACHING SESSION: PRIVATE

GOALS MONTH TWO 1. **Social Life:** 2. **Career:** 3. **Creativity:** Week 1: Week 2: Week 3: Week 4:

MEASUREMENTS IN INCHES: MONTH THREE

TIME STAMP FRONT

UPPER

 Neck:
 13.25

 Chest:
 39.5

 Waist:
 37.0

 Buttocks:
 48.0

 L Upper Arm:
 15

 R Upper Arm:
 15.25

LOWER

L Thigh: 26.5
R Thigh: 27
L Calf: 16
R Calf: 16





219 LBS 253.5 INCHES 43.6% BODY FAT MASS

FRONT SIDE BACK



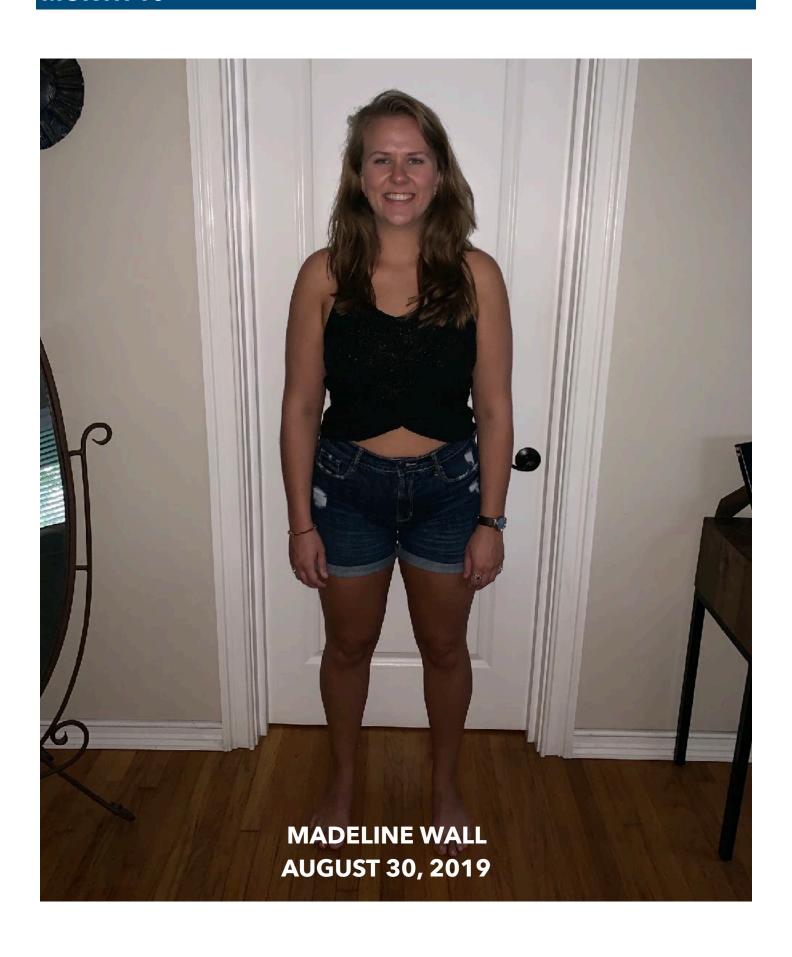




NOTES FROM COACHING SESSION: PRIVATE

Week 4:

GOALS MONTH THREE 1. Finance: 2. Joy: 3. **Health:** Week 1: Week 2: Week 3:



MONTH 1 MONTH 10

October 31, 2018 247 lbs 47% body fat mass August 30, 2019 175.9 lbs 26% body fat mass





TOTAL RESULTS RELEASED

TOTAL WEIGHT: 71.1 LBS
TOTAL FAT MASS: 70.1
BODY FAT PERCENT: 21%

BODY COMPOSITION RESULTS: InBody 570

InBody

| Height | Age | Gender | Test Date / Time | Female | 2019.10.17. 19:01

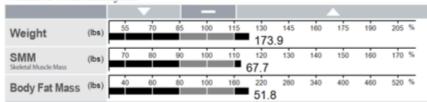
elevate FOLL

LOW US • CONNECT WITH US • JOIN US

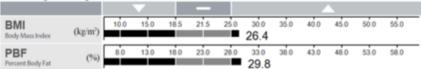
Body Composition Analysis

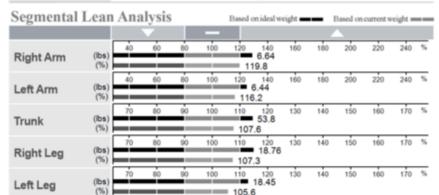
	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	55.3	89.3		
Extracellular Water (lbs)	34.0	09.3	122.1	472.0
Dry Lean Mass (lbs)	32.8			173.9
Body Fat Mass (lbs)	51.8			

Muscle-Fat Analysis



Obesity Analysis





ECW/TBW Analysis



Body Composition History

Weight	(lbs)	211.8	199.2	188.9	182.4	175.4	174.0	175.9	173.9
SMM Skeletal Muscle Mass	(lbs)	69.2	71.2	68.3	67.0	69.4	69.7	72.8	67.7
PBF Percent Body Fat	(%)	41.6	35.8	34.4	33.7	28.6	28.2	26.0	29.8
ECW/TBW		0.375	0.378	0.384	0.380	0.380	0.378	0.377	0.379
¥Recent □To	otal	19.01.19. 10.54	19.03.02. 21:38	19.04.08. 19.04	19.05.02. 21:14	19.07.22. 18:21	19.08.12. 18:20	19.08.30. 18.54	19.10.17. 19:01

Body Fat - Lean Body Mass Control -

Body Fat Mass - 15.4 lbs Lean Body Mass 0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

	▼ — ▲					
Right Arm	(3.3 lbs) - 143.1%					
Left Arm	(3.5 lbs) - 150.9%					
Trunk	(27.3 lbs) 205.6%					
Right Leg	(7.5 lbs) -122.7%					
Left Leg	(7.3 lbs) 122.1%					
Basal Metabolic Rate						

Visceral Fat Level Low 10 High

Level 10 - Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW / TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance-

		RA	LA	TR	RL	LL
$\mathbf{Z}_{(\Omega)}$	5 kHz	366.8	375.3	22.7	279.6	288.1
	50 kHz	325.5	338.1	19.9	247.4	256.5
5	$00 \mathrm{kHz}$	277.9	293.0	15.1	215.3	222.1



ID	Height	Age	Gender	Test Date / Time
30000000	5ft. 08.0in.	24	Female	2019.10.17. 19:01



FOLLOW US • CONNECT WITH US • JOIN US

000

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	55.3	89.3		
Extracellular Water (lbs)	34.0	09.3	122.1	470.0
Dry Lean Mass (lbs)	32.8			173.9
Body Fat Mass (lbs)	51.8			

Muscle-Fat Analysis

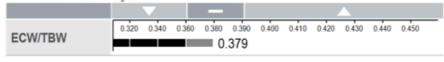
			▼							A		
Weight	(lbs)	55	70	85	100	115	130 173	145 .9	160	175	190	205 %
SMM Skeletal Muscle Mass	(lbs)	70	80	90	100	110	120 67.7	130	140	150	160	170 %
Body Fat Mass	(lbs)	40	60	80	100	160	²²⁰ 51.8	280	340	400	460	520 %

Obesity Analysis

			$\overline{}$							<u> </u>		
BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	21.5	25.0	30.0 26.4	35.0	40.0	45.0	50.0	55.0
PBF Percent Body Fat	(%)	8.0	13.0	18.0	23.0	28.0	33.0 29.8	38.0	43.0	48.0	53.0	58.0

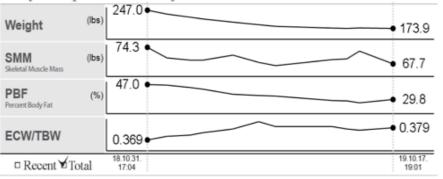
Segmental Lean Analysis Based on ideal weight Based on current weight 240 6.64 (lbs) Right Arm (%) **119.8** 60 100 160 180 200 220 240 % 120 (lbs) Left Arm (%)**116.2** 170 % 100 110 130 140 150 160 (lbs) 53.8 Trunk (%) 107.6 170 % 80 100 110 130 140 150 160 **18.76** Right Leg 107.3 100 110 140 150 160 170 % 18.45 Left Leg

ECW/TBW Analysis



105.6

Body Composition History



Body Fat - Lean Body Mass Control -

Body Fat Mass - 15.4 lbs Lean Body Mass 0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

	▼ — ▲				
Right Arm	(3.3 lbs) - 143.1%				
Left Arm	(3.5 lbs) - 150.9%				
Trunk	(27.3 lbs) -205.6%				
Right Leg	(7.5 lbs) 122.7%				
Left Leg	(7.3 lbs) 122.1%				
Racal Metabolic Pate					

Basal Metabolic Rate

1566 kcal

Visceral Fat Level

Level 10 Low 10 High

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW / TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

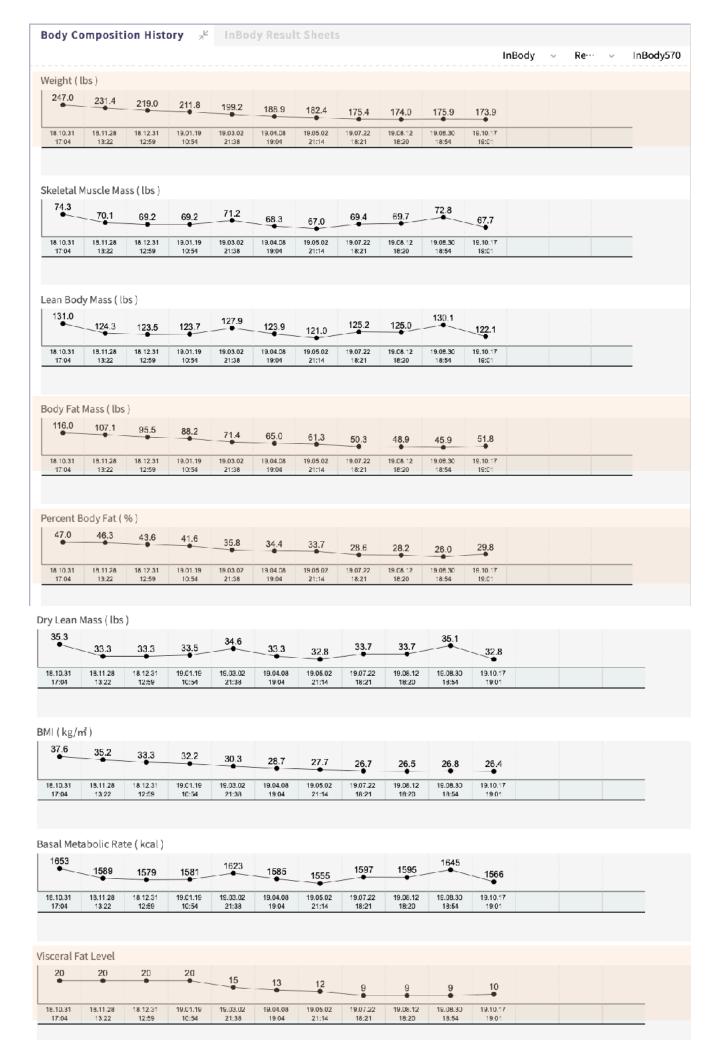
Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.

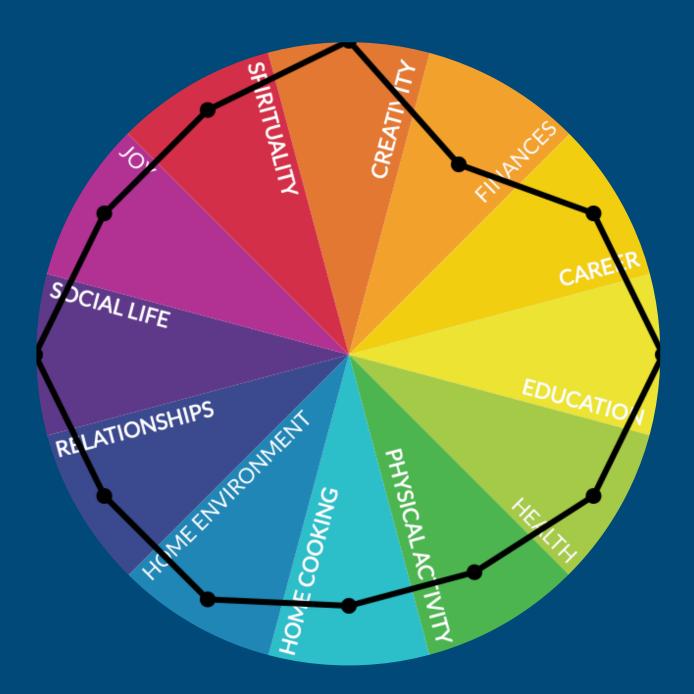


Impedance-

366.8	375.3	22.7	279.6	288.1						
325.5	338.1	19.9	247.4	256.5						
277.9	293.0	15.1	215.3	222.1						
	RA 366.8 325.5	RA LA 366.8 375.3 325.5 338.1	RA LA TR 366.8 375.3 22.7 325.5 338.1 19.9	RA LA TR RL 366.8 375.3 22.7 279.6 325.5 338.1 19.9 247.4 277.9 293.0 15.1 215.3						







CIRCLE OF LIFE

Madeline Wall August 2019 MONTH TEN