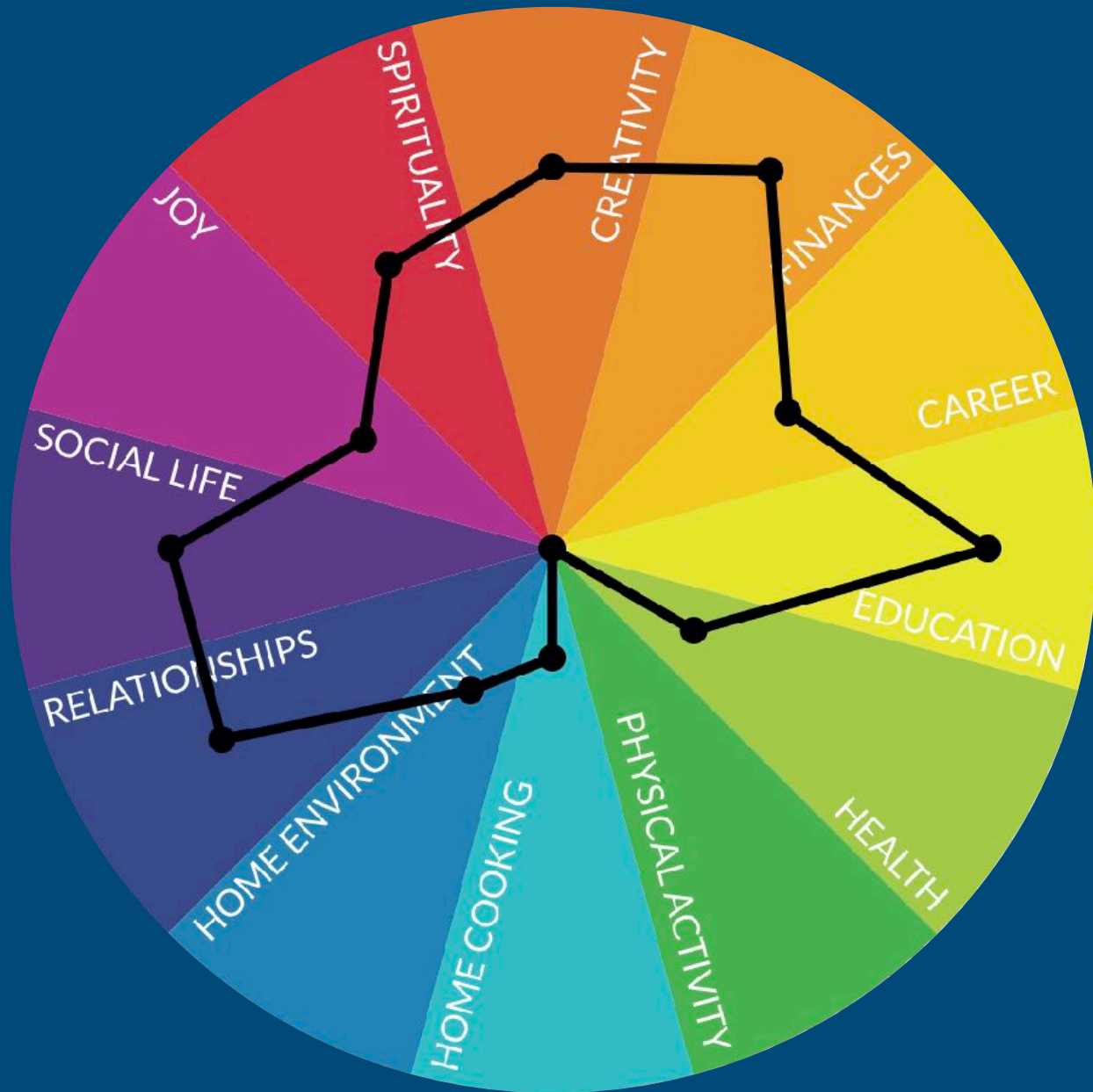




CIRCLE OF LIFE

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.
2. **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

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



TIME STAMP FRONT



FRONT



SIDE



BACK



NOTES FROM COACHING SESSION: PRIVATE

GOALS MONTH THREE

1. **Finance:**

2. **Joy:**

3. **Health:**

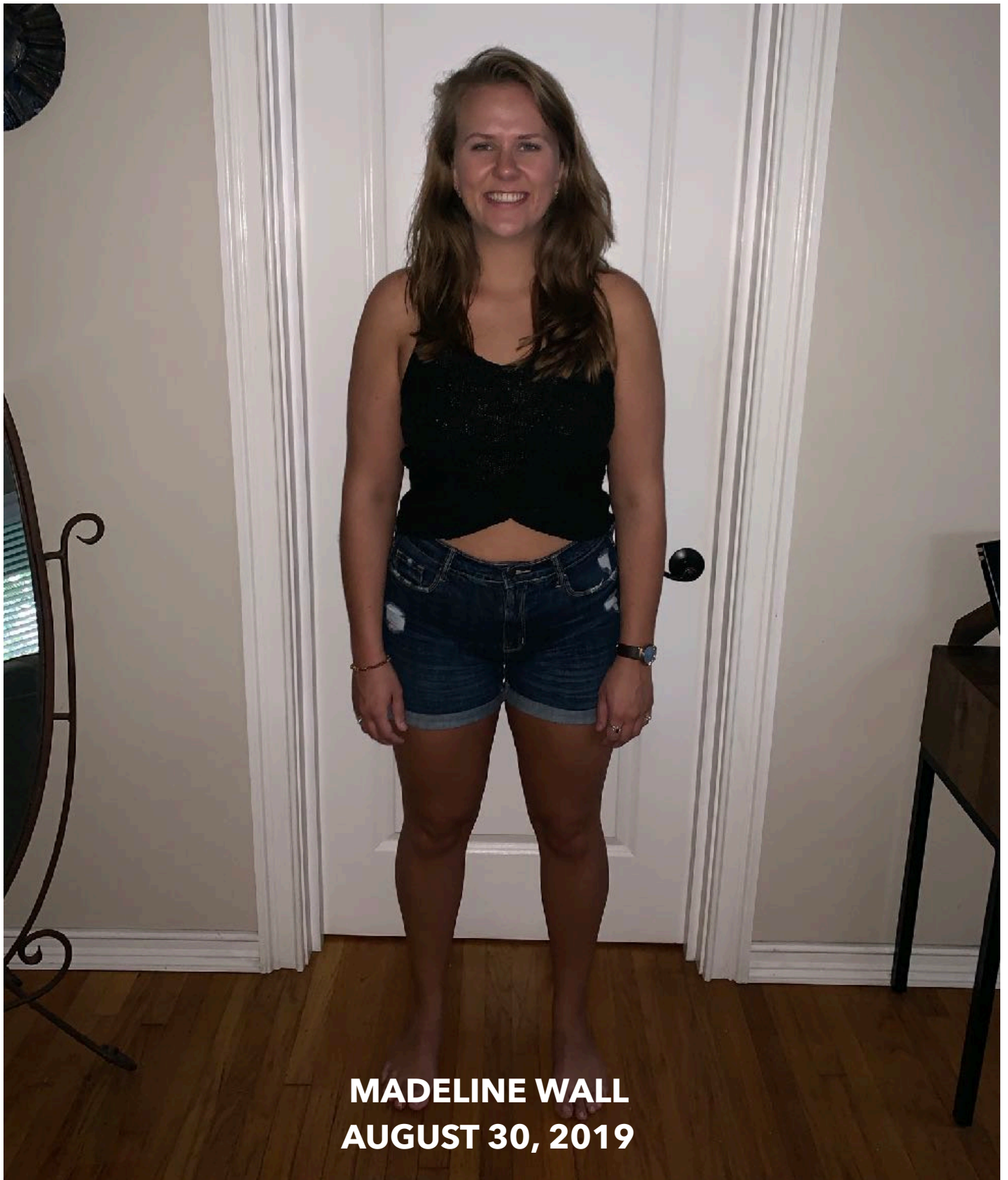
Week 1:

Week 2:

Week 3:

Week 4:

MONTH 10



**MADELINE WALL
AUGUST 30, 2019**

MONTH 1

October 31, 2018
247 lbs
47% body fat mass



MONTH 10

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



FOLLOW US • CONNECT WITH US • JOIN US

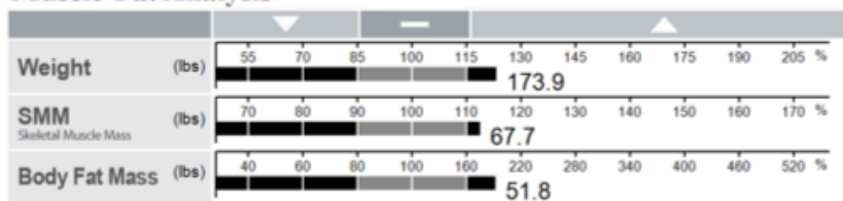


ID	Height	Age	Gender	Test Date / Time
██████████	5ft. 08.0in.	24	Female	2019.10.17. 19:01

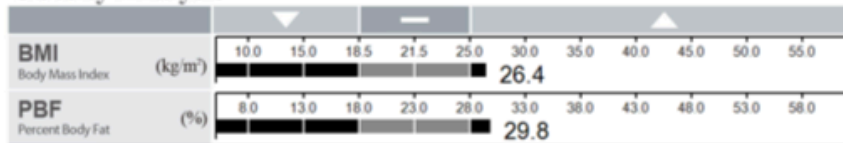
Body Composition Analysis

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

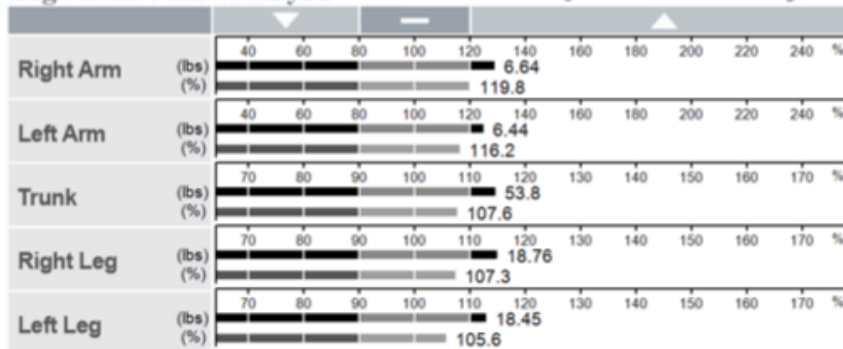
Muscle-Fat Analysis



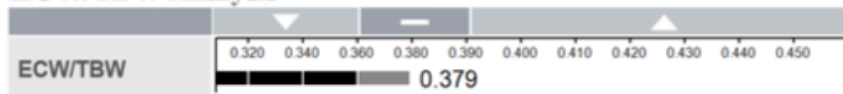
Obesity Analysis



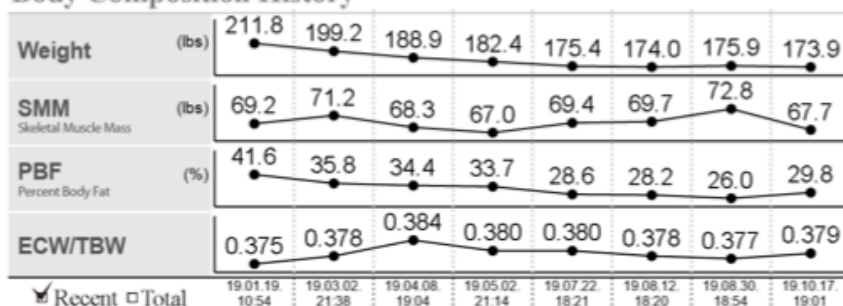
Segmental Lean Analysis



ECW/TBW Analysis



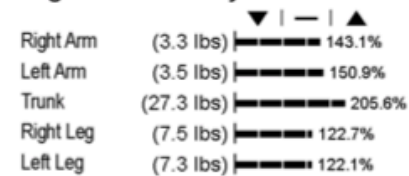
Body Composition History



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

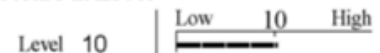
Segmental Fat Analysis



Basal Metabolic Rate

1566 kcal

Visceral Fat Level



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

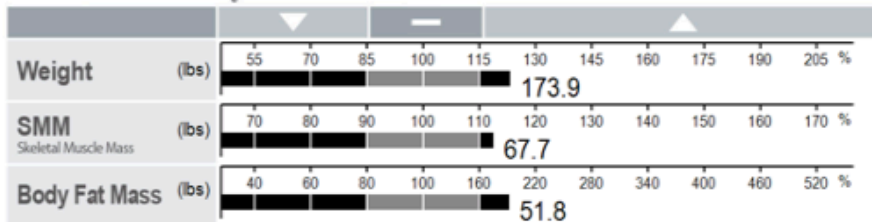
	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	366.8	375.3	22.7	279.6	288.1
50 kHz	325.5	338.1	19.9	247.4	256.5
500 kHz	277.9	293.0	15.1	215.3	222.1

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

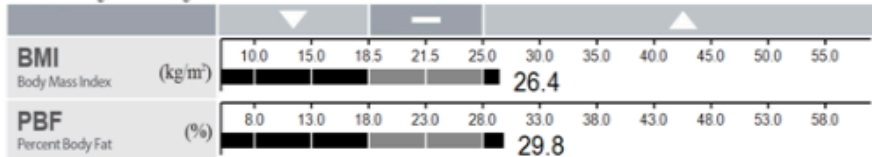
Body Composition Analysis

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

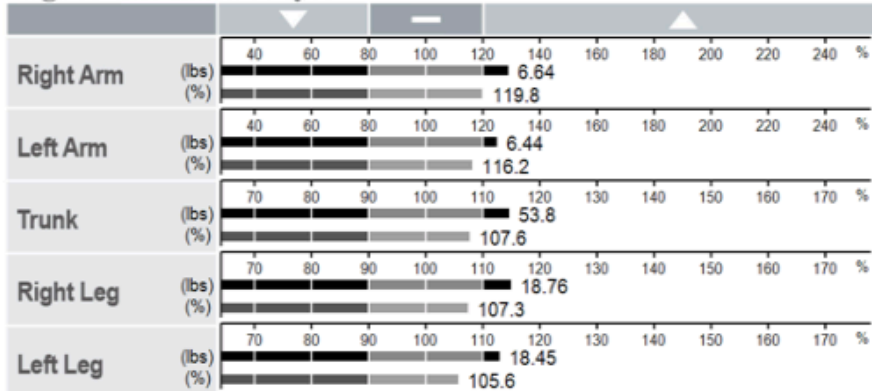
Muscle-Fat Analysis



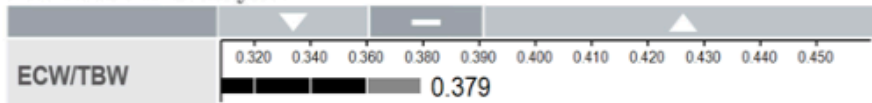
Obesity Analysis



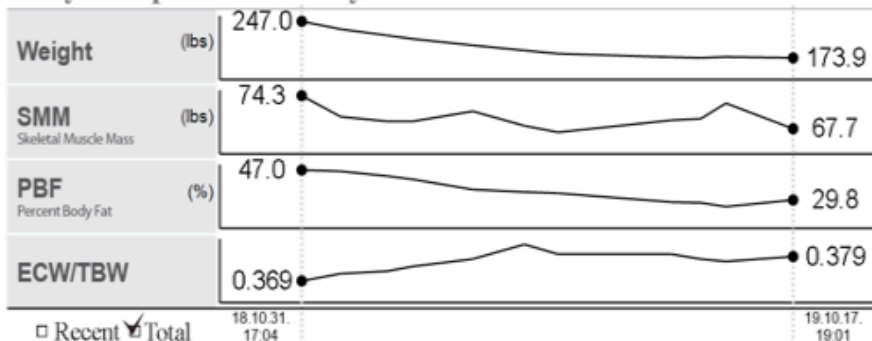
Segmental Lean Analysis



ECW/TBW Analysis



Body Composition History



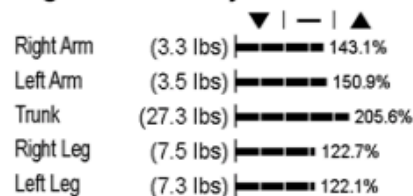
Body Fat - Lean Body Mass Control

Body Fat Mass - 15.4 lbs

Lean Body Mass 0.0 lbs

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

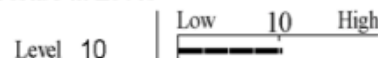
Segmental Fat Analysis



Basal Metabolic Rate

1566 kcal

Visceral Fat Level



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

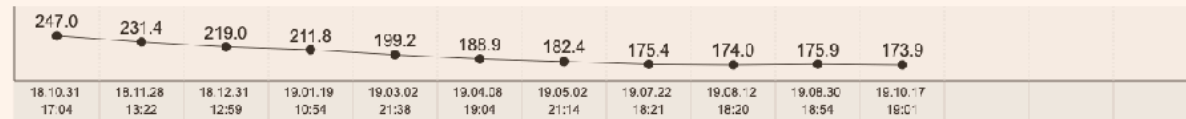
Scan the QR Code to see results interpretation in more detail.



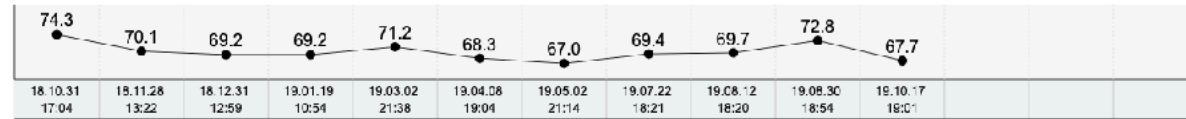
Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	366.8	375.3	22.7	279.6	288.1
50 kHz	325.5	338.1	19.9	247.4	256.5
500 kHz	277.9	293.0	15.1	215.3	222.1

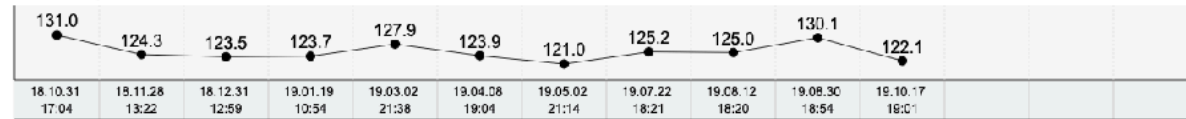
Weight (lbs)



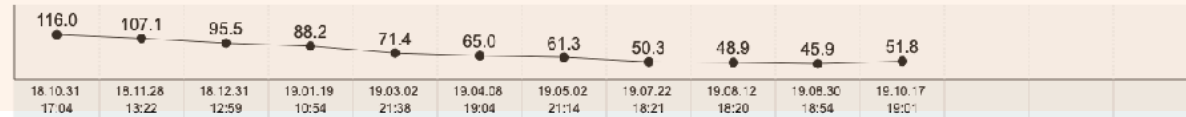
Skeletal Muscle Mass (lbs)



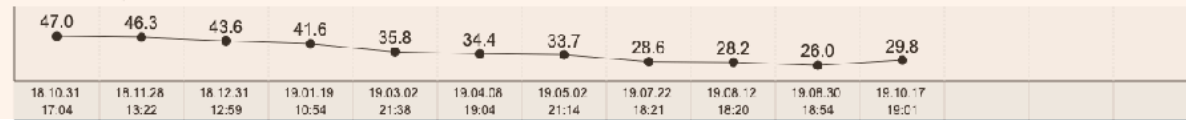
Lean Body Mass (lbs)



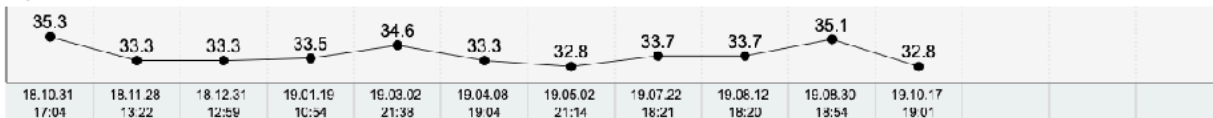
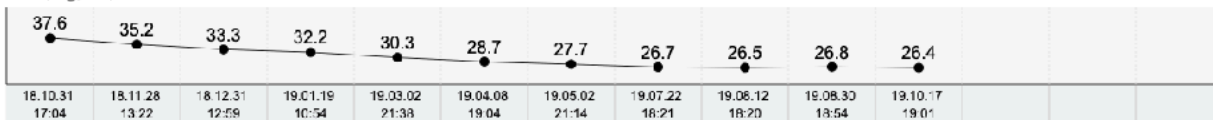
Body Fat Mass (lbs)



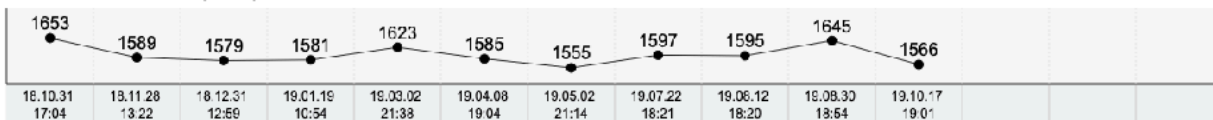
Percent Body Fat (%)



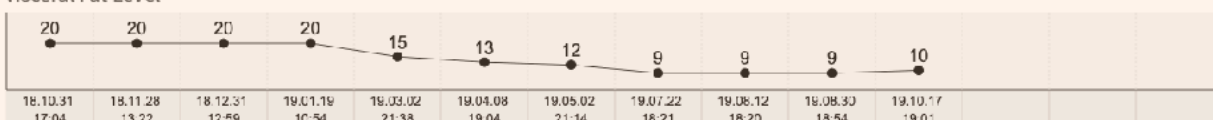
Dry Lean Mass (lbs)

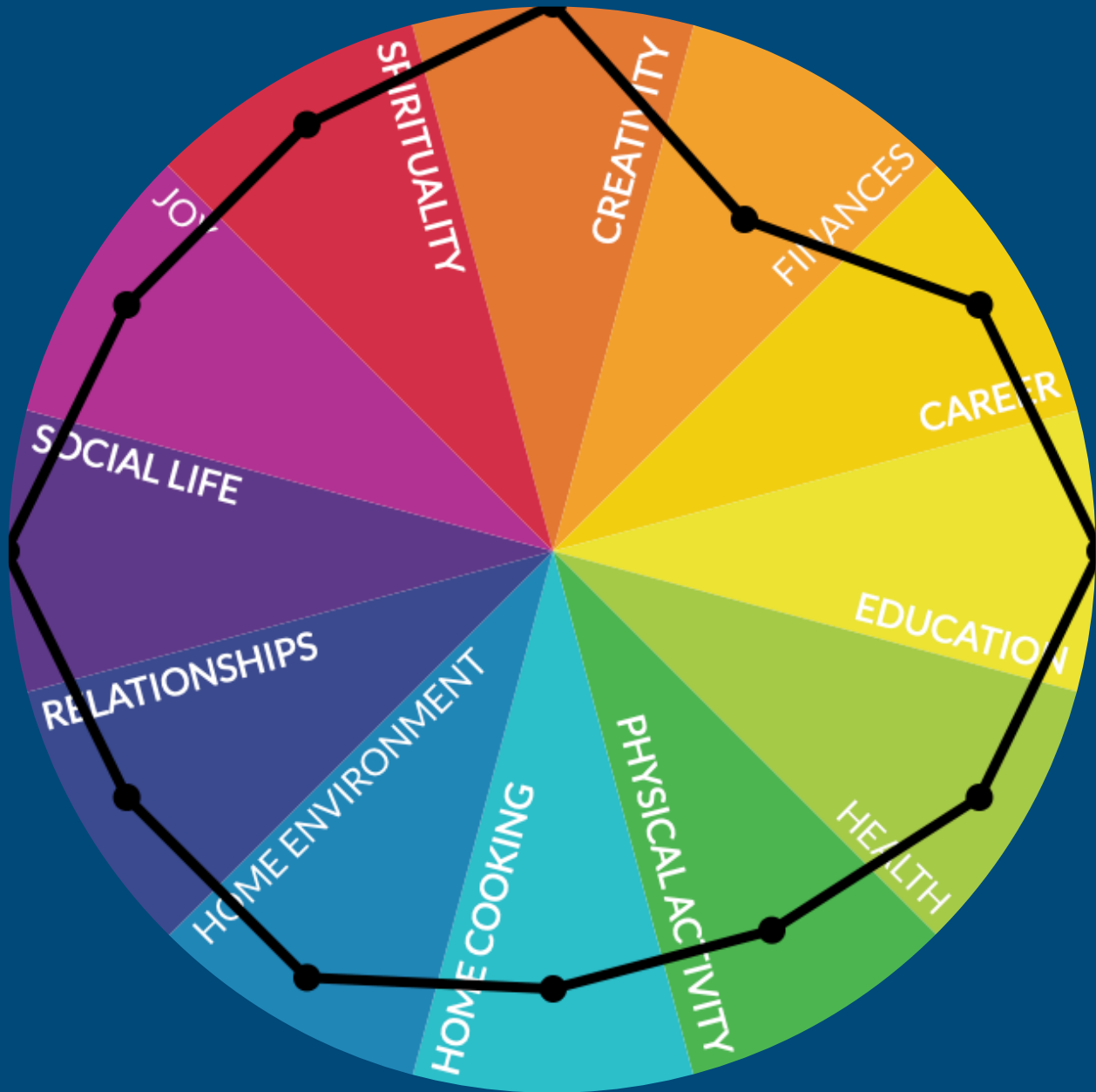
BMI (kg/m²)

Basal Metabolic Rate (kcal)



Visceral Fat Level





CIRCLE OF LIFE

Madeline Wall
August 2019
MONTH TEN