



Name: Cindy Evcic
Month: October 2022













Total Number of workouts for the Year	150
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Measurement	Current FI Program Improvements (raw #'s)	Current FI Program Improvements (%)	Life to Date Changes (raw #'s)
Chest	0.0	0.0%	-10.0
True Waist	0.0	0.0%	-12.5
Waist at Belly Button	0.0	0.0%	-11.0
Hips	0.0	0.0%	-3.3
Weight	0.4	0.3%	-12.8
Physical Testing			
Hover/Low Plank max (3 min stop)	-60.0		
Show Up muscle Burpees - 30 or fail	15.0		
Lunge Drives right side - 30 or fail	6.0		
Lunge Drives Left side - 30 or fail	20.0		
	0.0		









Win for the month: I'm insisting on positive self talk. Say it and believe it.

Milestone Medals


Showing Up Muscle (12 Workouts in month)


Crown Prong (20 workouts in a month)

Crown (5 prongs)



Route 66 (66 workouts for the year)



Fitship (3 months with a new inspirer)

