



Name: Jim Henderson
Month: October '22

Total number of workouts for the year	166
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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%	-1.3
True Waist	0.0	0.0%	-13.5
Waist at Belly Button	0.0	0.0%	-7.8
Hips	0.0	0.0%	-5.3
Weight	0.4	0.3%	-10.1
Physical Testing			
Hover/Low Plank max (3 min stop)	60.0		
Show Up muscle Burpees - 30 or fail	6.0		
Lunge Drives right side - 30 or fail	4.0		
Lunge Drives Left side - 30 or fail	4.0		
	0.0		
	0.0		

Win for the month:

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)

