



Name: Terri Henderson  
 Month: October 2022

Total number of workouts for the year	164
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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%	-9.3
True Waist	0.0	0.0%	-4.0
Waist at Belly Button	0.0	0.0%	-13.8
Hips	0.0	0.0%	-2.0
Weight	0.4	0.4%	-6.6
<b>Physical Testing</b>			
Hover/Low Plank max (3 min stop)	45.0		
Show Up muscle Burpees - 30 or fail	10.0		
Lunge Drives right side - 30 or fail	7.0		
Lunge Drives Left side - 30 or fail	9.0		
	0.0		
	0.0		

Win for the month: More veggies

### 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)

