



Name: Andrea Kusmierz
 Month: September 2022





Total number of workouts for the year	15
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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%	0.0
True Waist	-1.0	-3.3%	-1.0
Waist at Belly Button	1.0	3.0%	1.0
Hips	-1.5	-3.7%	-1.5
Weight	-3.4	-2.1%	-3.4
Physical Testing			
Pushup, tap up (ball of foot down) one side, other side, goal post arms stabilize one side, other side, step up, lift chest - all = 1	5.0		
	0.0		
	0.0		
	0.0		
	0.0		
	0.0		






Win for the month: Focusing on listening to my body more

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)

