



Name: Kristina Parkanzy
 Month: September 2022


Total number of workouts for the year	8
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Measurement	Current FI Program Improvements (raw #'s)	Current FI Program Improvements (%)	Life to Date Changes (raw #'s)
Chest	0.0	#DIV/0!	0.0
True Waist	0.0	#DIV/0!	0.0
Waist at Belly Button	-0.3	-0.7%	-0.3
Hips	0.0	#DIV/0!	0.0
Weight	-5.0	-3.0%	-5.0
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	0.0		
	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)

