

Health Records Summary Report For John Sutherland

Personal Details

Full Name	John Sutherland	Date Of Birth	26/10/64
Age	48	Frame Size	Large Frame
Height	5ft 8in		

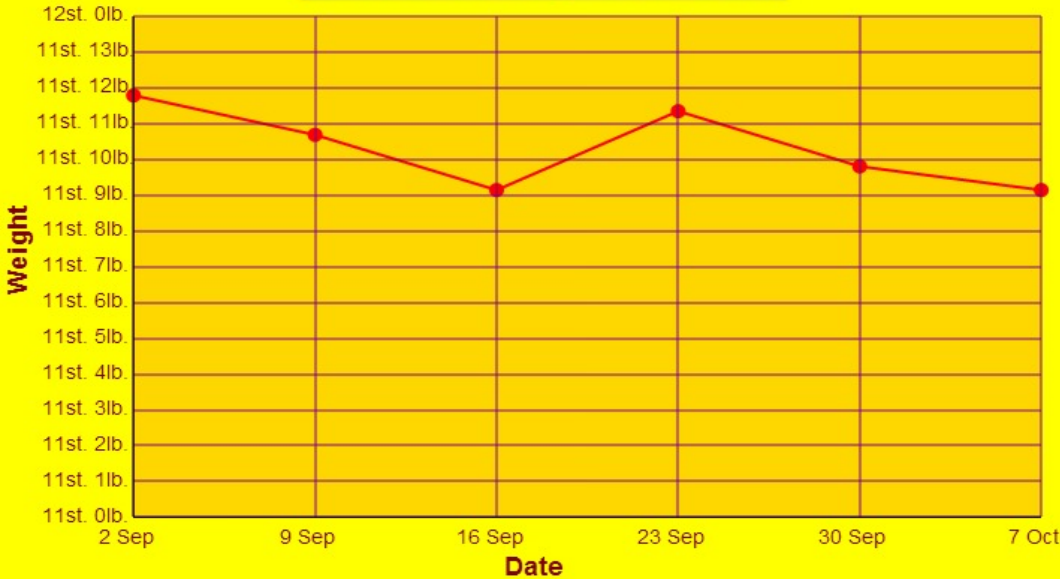
Initial Conditions

Initial Weight	12st 4lb	Lower Weight Limit	11st 4lb
Initial Waist Size	35.0in	Upper Weight Limit	12st 12lb

Summary Of Latest Data

Current Weight	11st 9lb	Normal Gym Sessions In Last Month	10
Monthly Weight Change	Lost 0st 3lb	RPM Sessions In Last Month	5
Total Weight Change	Lost 0st 9lb	Bodystep Sessions In Last Month	5
Lowest Weight So Far	11st 9lb	AquaFit Sessions In last Month	5
Highest Weight So Far	12st 9lb	Current Waist Size	31.4in
Current Blood Pressure	137 over 80	Change In Waist Size This Month	Lost 0.9in
		Total Change In Waist Size	Lost 3.6in

Record of Weight For 2013



Record of Waist Size For 2013

