

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 3lb
Initial Waist Size	35.0in	Upper Weight Limit	12st 11lb

Summary Of Latest Data

Current Weight	11st 12lb	Normal Gym Sessions In Last Month	7
Monthly Weight Change	No Change	RPM Sessions In Last Month	3
Total Weight Change	Lost 0st 6lb	Bodystep Sessions In Last Month	4
Lowest Weight So Far	11st 10lb	Aquafit Sessions In last Month	4
Highest Weight So Far	12st 9lb	Current Waist Size	32.5in
Current Blood Pressure	137 over 86	Change In Waist Size This Month	Lost 0.1in
		Total Change in Waist Size	Lost 2.6in

Record of Weight For 2013



Record of Waist Size For 2013

