

# 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.		

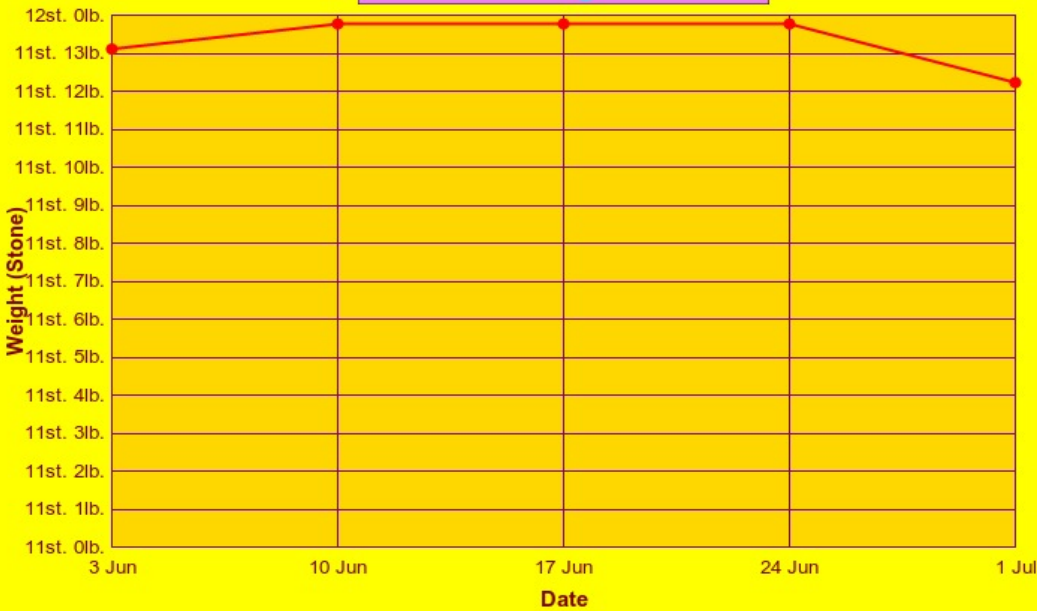
## Initial Conditions

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	8
Monthly Weight Change	Lost 0st. 1lb.	RPM Sessions In Last Month	5
Total Weight Change	Lost 0st. 6lb.	Bodystep Sessions In Last Month	3
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	138 over 78	Change In Waist Size This Month	Lost 0.2in.
		Total Change in Waist Size	Lost 2.5in.

Record of Weight For 2013



Record of Waist Size For 2013

