



PHYSICAL THERAPY NUTRITION FITNESS MASSAGE

It is important to us that we provide you with all the support and guidance you need as you work toward your health and fitness goals. As your Wellness Coach, I promise to provide you with the tools you need to accomplish your goals. For me to be able to do that, we need to have regular check-ins and open communication.

Lifestyle 365 Assessment Schedule

- Email/Phone weekly check-ins
- In-person check-ins every 4 weeks
- Reassessments every 8 weeks

In-person check-ins include:	Reassessments include:
Weight	Weight
Waist Circumference	Waist Circumference
Hip Circumference	Hip Circumference
Waist to Hip Ratio	Waist to Hip Ratio
Biceps	Biceps
Chest	Chest
Abdominal	Abdominal
Thigh	Thigh
Calf	Calf
Forearm	Forearm
Blood Pressure	Blood Pressure
Pulse O2	Pulse O2
Body Fat %	Body Fat %
BMI	BMI
	Cardiovascular test
	Recovery blood pressure
	Chest Press strength test
	Leg Press strength test
	Hip Flexor flexibility
	Hamstring flexibility
	Physical activity rating