

## ***Lifestyle 365 Program***

### ***Weekly Assessments According to Specific Fitness Goals***

- **Weight Loss**
  - Week 3: 7 site Circumference
  - Week 5: Weight
  - Week 8: BP and Resting HR
  - Week 10: 7 site Circumference
  - Week 12: Waist/Hip Ratio
  - Week 16: RE-EVAL
  - Week 19: BP and Resting HR
  - Week 21: Weight
  - Week 24: Aerobic Capacity
  - Week: 27 7 site Circumference
  - Week 29: Body Fat %
  - Week 32: Waist/Hip Ratio
  - Week 36: RE-EVAL
  - Week 40: Weight
  - Week 45: 7 Site Circumference
  - Week 48: Body Fat %
  - Week 52: RE-EVAL
- **General Fitness**
  - Week 3: BP and Resting HR
  - Week 5: Waist/Hip Ratio
  - Week 8: Aerobic Capacity
  - Week 10: Weight
  - Week 12: Strength Chest & Legs
  - Week 16: RE-EVAL
  - Week 19: BP and Resting HR
  - Week 21: Flexibility
  - Week 24: Body Fat %
  - Week: 27 Aerobic Capacity
  - Week 29: Weight
  - Week 32: Waist/Hip Ratio
  - Week 36: RE-EVAL
  - Week 40: Weight
  - Week 45: Strength Chest, Back, Legs
  - Week 48: Body Fat %
  - Week 52: RE-EVAL
- **Health Related**
  - **Cardiac**
    - Week 3: BP and Resting HR
    - Week 5: Weight
    - Week 8: Waist/Hip Ratio
    - Week 10: Body Fat %
    - Week 12: BP and Resting HR
    - Week 16: RE-EVAL
    - Week 19: BP and Resting HR
    - Week 21: Weight
    - Week 24: Aerobic Capacity
    - Week: 27 Waist/Hip Ratio
    - Week 29: Strength Chest, Legs, Back
    - Week 32: Body Fat %
    - Week 36: RE-EVAL
    - Week 40: BP and Resting HR
    - Week 45: Waist/Hip Ratio
    - Week 48: Body Fat %
    - Week 52: RE-EVAL
  - **Diabetes**
    - Week 3: Glucose
    - Week 5: BP and Resting HR
    - Week 8: Weight
    - Week 10: Waist/Hip Ratio
    - Week 12: Reminder to get HbA1c
    - Week 16: RE-EVAL
    - Week 19: Glucose
    - Week 21: Weight
    - Week 24: Reminder to get HbA1c & Aerobic Capacity
    - Week: 27 BP and Resting HR
    - Week 29: Body Fat %
    - Week 32: Waist/Hip Ratio
    - Week 36: RE-EVAL
    - Week 40: Weight & BP
    - Week 45: Reminder to get HbA1c & Aerobic Capacity
    - Week 48: Body Fat % & Waist/Hip Ratio
    - Week 52: RE-EVAL