

MADEEASY HEALTH & FITNESS CARE

Transformation Progress & Comparison Report

Client Name	Ms. Akansha Sharma
Age	25 Years
Gender	Female
Transformation Period	Initial Assessment → Reassessment
Fitness Goal	Weight Loss & Toning
Training Experience	Beginner

Transformation Progress Comparison

Assessment Parameter	Before	After	Progress Status
Weight	59.5 Kg	55 Kg	-4.5 Kg
Chest	38 in	34 in	Improved
Arms	13 in	11 in	Toned
Waist	34 in	31 in	-3 Inches
Hip	38 in	32 in	-6 Inches
Thighs	25 in	22 in	-3 Inches
Calf	13 in	12 in	Improved
Toe Touch	Cannot Reach	Reach	Improved
Squat Quality	Half	Full	Excellent
Knee Pain	Present	Resolved	Fixed
Shoulder Mobility	Stiffness	Improved	Improved
Hydration	2-3L	3+L	Improved
Risk Level	High	Low	Major Improvement

Professional Progress Observation

Akansha Sharma has demonstrated strong transformation progress through measurable weight loss, improved body measurements, better mobility, resolution of knee pain, and healthier lifestyle habits. The overall risk profile has improved significantly from High Risk to Low Risk.

Key Improvements Observed

- Weight reduced by 4.5 Kg
- Waist reduced by 3 inches
- Hip reduced by 6 inches
- Knee pain resolved successfully
- Toe-touch mobility restored
- Squat quality improved from Half to Full
- Shoulder mobility improved
- Hydration improved beyond 3 liters daily
- Sleep duration improved slightly
- Risk category reduced from High to Low

Areas Still Requiring Attention

- Continue improving muscle tone and strength
- Maintain sleep improvement efforts
- Continue long-term mobility and flexibility work
- Monitor oxygen saturation reading if consistently low

Body Transformation Analysis

The reduction in body measurements combined with improved mobility and complete resolution of knee pain indicates healthy body recomposition and successful lifestyle adaptation. The improvements reflect strong consistency with training and recovery habits.

Recommended Next Phase Focus

- Continue body toning and fat-loss maintenance phase
- Introduce progressive strength training
- Continue mobility and flexibility work
- Maintain hydration above 3 liters daily
- Improve sleep quality toward 7–8 hours

Professional Conclusion

Ms. Akansha Sharma has achieved excellent transformation results with meaningful improvements in body composition, mobility, hydration habits, and pain management. Continued consistency in exercise, nutrition, recovery, and lifestyle habits will further enhance body tone, fitness performance, and long-term health outcomes.