

MADEEASY HEALTH & FITNESS CARE

Transformation Progress & Comparison Report

Client Name	Ms. Kajal Atrey
Age	26 Years
Gender	Female
Transformation Period	Initial Assessment → Reassessment
Fitness Goal	Weight Loss & Body Toning
Training Experience	Beginner

Transformation Progress Comparison

Assessment Parameter	Before	After	Progress Status
Weight	84.1 Kg	79.6 Kg	-4.5 Kg
Chest	37 in	32 in	-5 Inches
Arms	13 in	12 in	Toned
Waist	38 in	32 in	-6 Inches
Hip	37 in	32 in	-5 Inches
Thighs	24 in	22 in	Improved
Calf	13 in	11 in	Improved
PCOD	Present	Improved	Better Condition
Lower Back Pain	Present	Resolved	Major Improvement
Bloating	Present	Resolved	Major Improvement
Toe Touch	Cannot Reach	Reach	Improved
Squat Quality	Nope	Full	Excellent
Hydration	1L	3+L	Major Improvement
Sleep	4-5 Hrs	7-8 Hrs	Major Improvement
Risk Level	High	Low	Major Improvement

Professional Progress Observation

Kajal Atrey has demonstrated remarkable transformation progress through healthy weight reduction, significant inch loss, improved mobility, better sleep quality, enhanced hydration habits, and resolution of multiple health concerns. The overall risk profile has improved substantially from High Risk to Low Risk.

Key Improvements Observed

- Weight reduced by 4.5 Kg
- Waist reduced by 6 inches
- Hip reduced by 5 inches
- Chest reduced by 5 inches
- Lower back pain resolved successfully
- Bloating resolved successfully
- PCOD symptoms improved compared to previous assessment
- Toe-touch mobility restored
- Squat quality improved from unable to perform to full squat
- Hydration improved from 1L to 3+L daily

- Sleep improved from 4–5 hours to 7–8 hours
- Risk category reduced from High to Low

Areas Still Requiring Attention

- Continue fat-loss and body-toning journey
- Maintain sleep and hydration consistency
- Continue mobility and flexibility training
- Focus on long-term hormonal and metabolic health

Body Transformation Analysis

The reduction in body measurements combined with improved mobility, recovery, hydration, sleep quality, and relief from lower back pain and bloating indicates healthy body recomposition. The progress reflects strong adherence to structured training, nutrition, and lifestyle modifications.

Recommended Next Phase Focus

- Continue structured fat-loss and toning program
- Introduce progressive strength training
- Maintain hydration above 3 liters daily
- Continue mobility and posture work
- Focus on sustainable weight management and muscle definition

Professional Conclusion

Ms. Kajal Atrey has achieved excellent first-phase transformation results. Improvements in body measurements, mobility, sleep quality, hydration, pain management, and overall fitness profile demonstrate outstanding commitment to the MADEEASY coaching process. Continued consistency will further improve body composition, strength, confidence, and long-term wellness.