

MADEEASY HEALTH & FITNESS CARE

Transformation Progress & Comparison Report

Client Name	Ms. Neha Bhatt
Age	24 Years
Gender	Female
Transformation Period	Initial Assessment → Reassessment
Fitness Goal	Body Toning
Training Experience	Moderate

Transformation Progress Comparison

Assessment Parameter	Before	After	Progress Status
Weight	58 Kg	52 Kg	-6 Kg
Chest	32 in	28 in	Toned
Arms	12 in	11 in	Improved
Waist	32 in	27 in	-5 Inches
Hip	34 in	31 in	-3 Inches
Thighs	23 in	20 in	-3 Inches
Calf	12 in	11 in	Improved
Bloating	Present	Resolved	Major Improvement
Hydration	2L	3+L	Improved
Sleep	6-7 Hrs	7-8 Hrs	Improved
Risk Level	Medium	Low	Improved

Professional Progress Observation

Neha Bhatt has demonstrated excellent body toning progress through healthy weight reduction, significant inch loss, improved hydration habits, better recovery quality, and complete resolution of bloating concerns. The overall fitness profile has improved considerably.

Key Improvements Observed

- Weight reduced by 6 Kg
- Waist reduced by 5 inches
- Hip reduced by 3 inches
- Thigh measurements reduced by 3 inches
- Heavy bloating resolved successfully
- Hydration improved from 2L to 3+L daily
- Sleep improved from 6–7 hours to 7–8 hours
- Trainer risk reduced from Medium to Low
- Oxygen saturation improved from 97 to 98

Areas Still Requiring Attention

- Continue maintaining lean muscle tone
- Maintain improved hydration and sleep habits
- Continue strength and toning workouts for long-term results

Body Transformation Analysis

The reduction in weight and measurements, combined with the resolution of bloating and improvements in hydration and recovery habits, indicates healthy body recomposition and successful lifestyle adaptation. The progress reflects strong consistency in nutrition, exercise, and recovery management.

Recommended Next Phase Focus

- Continue body toning and maintenance phase
- Introduce progressive strength training
- Maintain hydration above 3 liters daily
- Continue balanced nutrition practices
- Focus on muscle definition and posture improvement

Professional Conclusion

Ms. Neha Bhatt has achieved excellent transformation results. Improvements in body measurements, hydration, sleep quality, and digestive health indicate strong commitment and positive adaptation to the MADEEASY coaching process. Continued consistency will further enhance body tone, fitness performance, and long-term health outcomes.