

MADEEASY HEALTH & FITNESS CARE

Transformation Progress & Comparison Report

Client Name	Ms. Tannu Singh
Age	30 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	85.5 Kg	75.6 Kg	-9.9 Kg
Chest	44 in	38 in	Improved
Arms	14 in	12 in	Toned
Waist	42 in	37 in	-5 Inches
Hip	40 in	36 in	-4 Inches
Thighs	26 in	21 in	-5 Inches
Toe Touch	Cannot Reach	Reach	Improved
Squat Quality	Half	Full	Excellent
Knee Pain	Present	Relief	Improved
Lower Back Pain	Present	Relief	Improved
Hydration	2L	3+L	Improved
Risk Level	High	Low	Major Improvement

Professional Progress Observation

Tannu Singh has demonstrated exceptional transformation progress. Significant weight loss, inch loss, improved mobility, pain reduction, and healthier lifestyle habits indicate a sustainable body transformation journey.

Key Improvements Observed

- Weight reduced by 9.9 Kg
- Waist reduced by 5 inches
- Hip reduced by 4 inches
- Thighs reduced by 5 inches
- Knee pain relieved
- Lower back pain relieved
- Toe-touch mobility restored
- Squat quality improved from Half to Full
- Hydration improved from 2L to 3+L
- Risk category reduced from High to Low
- PCOD condition improved

Areas Still Requiring Attention

- Sleep remains limited at 4–5 hours
- Continue strength development and body toning
- Maintain consistency in recovery and nutrition

Body Transformation Analysis

The reduction in body measurements, combined with improved mobility and pain relief, reflects meaningful body recomposition and healthy fat loss rather than temporary weight reduction.

Recommended Next Phase Focus

- Continue fat loss and toning program
- Improve sleep quality
- Continue hydration habits
- Focus on strength training and muscle preservation
- Continue mobility and flexibility work

Professional Conclusion

Ms. Tannu Singh has achieved outstanding first-phase transformation results. Improvements in weight, measurements, mobility, pain management, hydration, and overall fitness profile demonstrate excellent commitment and adaptation to the MADEEASY coaching process.