

MADEEASY HEALTH & FITNESS CARE

Transformation Progress & Comparison Report

Client Name	Mr. Vijay Pratap Singh
Age	32 Years
Gender	Male
Transformation Period	Initial Assessment → Reassessment
Fitness Goal	Weight Loss & Muscle Gain
Training Experience	Beginner

Transformation Progress Comparison

Assessment Parameter	Before	After	Progress Status
Weight	85.6 Kg	81.3 Kg	-4.3 Kg
Chest	32 in	34 in	+2 Inches
Arms	13.5 in	15.5 in	+2 Inches
Waist	39 in	34 in	-5 Inches
Hip	36 in	32 in	-4 Inches
Thighs	22 in	23 in	+1 Inch
Calf	12 in	13 in	+1 Inch
Bloating	Present	Resolved	Improved
Toe Touch	Cannot Reach	Reach	Improved
Squat Quality	Half	Full	Excellent
Shoulder Mobility	Stiffness	Improved	Improved
Hydration	1-2L	2-3+L	Improved
Sleep	5-6 Hrs	6-7 Hrs	Improved
Risk Level	Medium	Low	Improved

Professional Progress Observation

Vijay Pratap Singh has demonstrated excellent body recomposition progress. The assessment reflects healthy fat loss alongside measurable muscle gain, improved mobility, better hydration habits, and significant reduction in overall health risk.

Key Improvements Observed

- Weight reduced by 4.3 Kg
- Waist reduced by 5 inches
- Hip reduced by 4 inches
- Chest increased by 2 inches
- Arms increased by 2 inches
- Thigh and calf measurements improved
- Bloating resolved successfully
- Toe-touch mobility restored
- Squat quality improved from Half to Full
- Shoulder mobility improved
- Hydration improved from 1–2L to 2–3+L daily

- Risk category reduced from Medium to Low

Areas Still Requiring Attention

- Continue reducing body fat percentage gradually
- Maintain muscle-building momentum
- Continue hydration and sleep improvements
- Maintain cholesterol-friendly lifestyle habits

Body Transformation Analysis

The combination of weight reduction, waist reduction, and simultaneous increases in chest, arm, thigh, and calf measurements indicates successful body recomposition. This suggests fat loss while preserving and building lean muscle mass, which is an ideal transformation outcome.

Recommended Next Phase Focus

- Continue structured fat-loss and muscle-gain program
- Progressive strength training
- Maintain high-protein nutrition approach
- Continue mobility and flexibility work
- Focus on long-term body recomposition and performance

Professional Conclusion

Mr. Vijay Pratap Singh has achieved excellent transformation results with visible improvements in body composition, muscle development, mobility, hydration habits, and overall fitness profile. The progress reflects strong adherence to training and nutrition, resulting in both fat loss and lean muscle gain. Continued consistency will further enhance physique, strength, and long-term health outcomes.