FIT & FRESH CO.

Progress Report

Emma Clarke

REPORTING PERIOD

1 August – 31 August 2026

YOUR INSTRUCTOR

Sarah Bennett

Weight change	BMI change	Waist	Hip
−2.4 kg	−0.9	−6 cm	−4 cm

FIT & FRESH CO.

Physical Progress

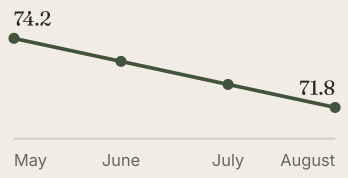
REPORTING PERIOD
1–31 August 2026

CLIENT
Emma Clarke

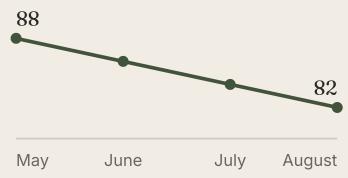
YOUR INSTRUCTOR
Sarah Bennett

MEASUREMENT	START	CURRENT	CHANGE
Weight	74.2 kg	71.8 kg	−2.4 kg
BMI	27.3	26.4	−0.9
Waist	88 cm	82 cm	−6 cm
Hip	104 cm	100 cm	−4 cm
Chest	96 cm	93 cm	−3 cm
Right arm	30 cm	29 cm	−1 cm
Left arm	30 cm	29 cm	−1 cm
Right leg	59 cm	56 cm	−3 cm
Left leg	59 cm	56.5 cm	−2.5 cm
Body fat	24.8%	22.1%	−2.7 pts
Muscle	31.2%	32.4%	+1.2 pts

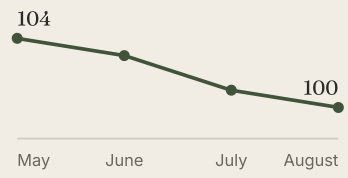
Weight (kg)



Waist (cm)



Hip (cm)



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Progress Photos

REPORTING PERIOD
1–31 August 2026

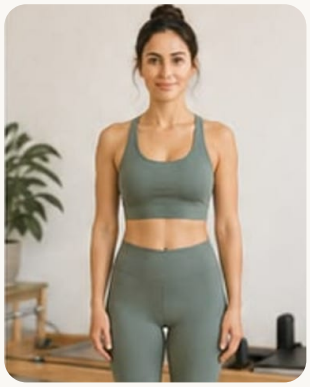
CLIENT
Emma Clarke

YOUR INSTRUCTOR
Sarah Bennett

Full-body comparison

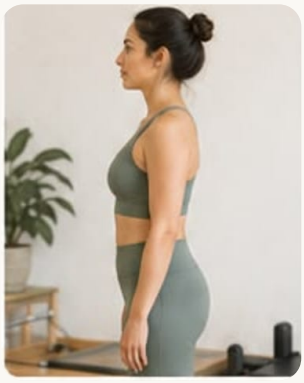
Front

Start · 2 May 2026

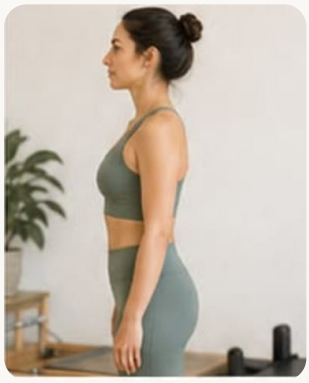


Current · 31 August 2026

Side

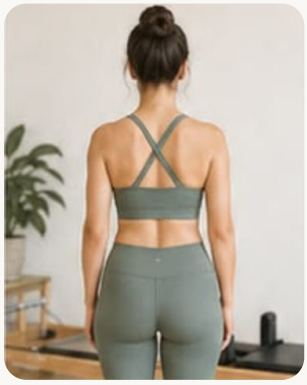


Start · 2 May 2026

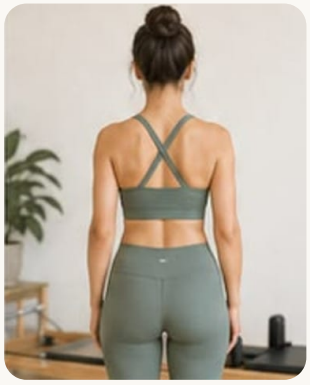


Current · 31 August 2026

Back



Start · 2 May 2026



Current · 31 August 2026

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Regional Progress

REPORTING PERIOD
1–31 August 2026

CLIENT
Emma Clarke

YOUR INSTRUCTOR
Sarah Bennett

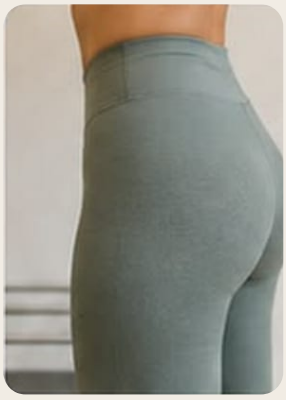
Comparison of selected areas

Waist

2 May 2026

31 August 2026

Hip



2 May 2026

31 August 2026

Leg

2 May 2026

31 August 2026

Arm

2 May 2026

31 August 2026

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Goals

REPORTING PERIOD	CLIENT	YOUR INSTRUCTOR
1–31 August 2026	Emma Clarke	Sarah Bennett

Waist goal

START	CURRENT	TARGET
88 cm	82 cm	80 cm

75%

Weight goal

START	CURRENT	TARGET
74.2 kg	71.8 kg	69 kg

46%

QUALITATIVE GOALS

Flexibility

Increased lower-body flexibility

ACTIVE

Posture

Improved spinal alignment

ACTIVE

Core control

Stronger central stability

ACTIVE

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Instructor Assessment

REPORTING PERIOD	CLIENT	YOUR INSTRUCTOR
1–31 August 2026	Emma Clarke	Sarah Bennett

	PREVIOUS PERIOD	THIS PERIOD
Core control	2/5	4/5
Balance	2/5	3/5
Flexibility	3/5	4/5
Posture	2/5	4/5
Lower-body strength	3/5	4/5
Upper-body control	2/5	3/5

General assessment

Emma has built noticeably better body awareness through regular attendance and disciplined work, with clear progress in core control and posture in particular.

Focus for next period

Support the flexibility work, develop balance further, and take central stability to the next level.

Package reminder

You have 2 sessions remaining in your package. Speak to your instructor about renewal options.