

Evolved Sport and Nutrition 6 week lifestyle challenge with Crossfit 416

	Gender	Weight Change	Waist Change	Hip Change	BMI Change	8 Skinfold Change	Bodyfat % Change
Client 1 (No follow up)	Male						
Client 2	Female	-6.9kg/15.2lbs	+2.5cm	-4cm	-2.3 points	-49mm	-6%
Client 3 (Client had broken forearm, was unable to participate in all workouts)	Female	-7.1kg/15.6lbs	0cm	- 3cm	-2.5 points	-37.5mm	-1.9%
Client 4 (No Follow up)	Male						
Client 5	Male	-8.6kg/ 18.9lbs	-8cm	-6cm	-2.7points	-29mm	-2.1%
Client 6	Male	-6.8kg/ 14.96lbs	-7cm	-5cm	-2.3 points	-22mm	-1.7%
Client 7	Male	-6.6kg/ 14.5lbs	-4.5cm	-4cm	-2.1 points	-30.9mm	-1.9%
Client 8	Male	-10.7kg/ 23.5lbs	-8cm	-6cm	-3.5 points	-61mm	-4.8%
Client 9	Male	-4 kg/ 8.8lbs	0cm	-0.5cm	-1.4 points	-14mm	-0.7%
Client 10 (no follow up)	Female						
Client 11	Female	-5.4kg/ 11.9lbs	-2.5cm	-1cm	-2.2 points	-11mm	-1.4%
Client 12	Female	-6kg/ 13.2 lbs	-2cm	-7cm	-2 points	-33mm	-4.4%

Client 13 (no follow up)	Male						
Client 14	Male	-4.6kg/ 10.12lbs	-1cm	-2cm	-1.4 points	-13.5mm	-0.9%
Average		-6.67kg/ 14.7lbs	-3.05cm	-3.85cm	-2.24 points	-30.1mm	-2.6%
Average Male		-6.9kg/ 15.2lbs	-4.75cm	-2.9cm	-2.23 points	-28.4mm	-2.3%
Average Female		-6.4kg/ 14.1lbs	-0.5cm	-3.75cm	-2.25 points	-32.6mm	-3.4%