

# Storm Transformation Challenge

## Body Composition Assessment

Name \_\_\_\_\_

To assess your progress during the Transformation Challenge, take the following assessments and submit them at the end of the Challenge along with your Fitness Test results. Submitting Profile Photos is optional, however we recommend you take them for your own records.

### 1. Profile Photos (before & after pictures)

Using your smart phone or camera get a friend or family member to take the following profile photos:

- Front profile
- Side profile

Men - wear shorts (singlet optional)

Women – wear shorts and singlet/tank top

### 2. Measurements

For waist and hip measurements, make sure you record the measurement after a normal exhaled breath (don't force exhale).

Measurement	Week 1 Date	Final Week Date
Weight (kg)		
Body Fat % (body fat scales)		
Waist (cm) – measure at the level of your navel		
Hips – measure around the widest point of your glutes (buttocks)		