

# jcfitness

Client Goal Setting	
<b>Client:</b>	Harris, Anne
<b>Client ID:</b>	HA0235110376
<b>Duration:</b>	4 Weeks
<b>Specified Goals</b>	<b>No.</b>
	1 <ul style="list-style-type: none"> <li>· Reduce overall body fat by 2-3% resulting in a total body fat reduction from 23.7 → 20.7 - 21.7%</li> <li>· Reduce waist circumference by 2-3cm resulting in a total circumference reduction from 73.1 → 70.1 - 71.2cm</li> <li>· Reduce gluteal circumference by 2-3cm resulting in a total circumference reduction from 104.4 → 101.4 - 102.4cm</li> <li>· Reduce overall body weight (kg) by 3-4kg resulting in a total bodyweight reduction from 72kg → 68 - 69kg</li> </ul>
	2 <ul style="list-style-type: none"> <li>· Increase abdominal control and strength</li> <li>· Improve midsection tone and definition</li> </ul>
	3 <ul style="list-style-type: none"> <li>· Increase upper body strength in arms and shoulders for overhead pressing movements</li> </ul>
	4 <ul style="list-style-type: none"> <li>· Improve posture to correct for increased thoracic (middle back) flexion and lumbar (lower back) hyperextension as identified by postural assessment</li> </ul>
	☆ <b>Personalised Education Plan</b>
	a) Protein and its role in lean muscle development and exercise performance
	b) The benefits of using tempo in exercise
	c) Fats and sources of good fats in nutrition plan
	d) Resistance exercise and its effectiveness for enhancing weight-loss
<b>Outcome Measures</b>	<b>No.</b>
	1 <ul style="list-style-type: none"> <li>· Body composition changes assessed through anthropometric measurements (body fat skinfold measurements, circumference measurements, scale)</li> <li>· Body composition changes also assessed through transformation photos</li> </ul>
	2 <ul style="list-style-type: none"> <li>· Abdominal control assessed by using blood pressure cuff feedback tool to test activation of deep abdominal musculature</li> </ul>

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		<ul style="list-style-type: none"> <li>· Abdominal strength assessed through manual gym records of prescribed abdominal exercises</li> <li>· Midsection tone and definition evaluated through anthropometric measurements of abdominal, hip and side hip skinfold points</li> <li>· Midsection tone and definition evaluated through waist circumference measurement and body transformation photos</li> </ul>		
	3	· Increased upper body strength assessed through manual gym records		
	4	· Improve posture assessed through postural assessment and photos		
	☆	<b>Personalised Education Plan</b>		
		· Understanding of selected education topics assessed through weekly discussion and feedback of educational material		
<b>Achievable</b>	<b>No.</b>			
	1	<b>Yes</b>		
	2	<b>Yes</b>		
	3	<b>Yes</b>		
	4	<b>Yes</b>		
<b>Relevant</b>	<b>No.</b>			
	1	<b>Yes</b>		
	2	<b>Yes</b>		
	3	<b>Yes</b>		
	4	<b>Yes</b>		
<b>Timeline</b>	<b>No.</b>	<b>Number of Weeks</b>	<b>Assessment Date</b>	
	1	4 Weeks	April 03, 2017	
	2	4 Weeks	April 03, 2017	
	3 ☆	1 Week (a)	April 03, 2017	
		1 Week (b)	April 10, 2017	
		1 Week (c)	April 17, 2017	
		1 Week (d)	April 24, 2017	
	4	4 Weeks	April 03, 2017	
<b>Action Plan</b>	<b>No.</b>			
	1	<ul style="list-style-type: none"> <li>▶ To meet body composition goals:                             <ul style="list-style-type: none"> <li>· Achieve consistency with weekly gym sessions</li> <li>· Achieve consistency and discipline with prescribed Nutrition Plan</li> <li>· Achieve targeted steps (10,000) outside of gym</li> <li>· Offer increased discussion and feedback regarding foods in prescribed Nutrition Plan</li> </ul> </li> </ul>		

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| 2 | <ul style="list-style-type: none"><li>▶ To meet outlined goals to increase abdominal control, strength and midsection improved tone and definition</li><li>. Ensure integration and progression of prescribed abdominal exercises</li><li>. Achieve consistency and discipline with prescribed Nutrition Plan</li><li>. Offer increased discussion and feedback regarding foods in prescribed Nutrition Plan</li><li>. Use blood pressure cuff feedback tool for deep abdominal training</li><li>. Integrate core activation and control practice exercises using blood pressure cuff for objective feedback</li><li>. Supply educational material on abdominal control to enhance understanding of core control and activation principles</li></ul> |
| 3 | <ul style="list-style-type: none"><li>▶ To meet outlined goal to increase upper body strength specifically for overhead pressing movements:</li><li>. Ensure integration and progression of prescribed overhead pressing exercises</li><li>. Achieve consistency with weekly gym sessions</li><li>. Achieve consistency and discipline with prescribed Nutrition Plan</li><li>. Offer increased discussion and feedback regarding foods in prescribed Nutrition Plan</li></ul>   |
| 4 | <ul style="list-style-type: none"><li>▶ To meet outlined postural correction goal:</li><li>. Ensure integration of postural correction exercises including:<ul style="list-style-type: none"><li>. Strengthening of identified weak and elongated hamstring muscles</li><li>. Strengthening of identified weak and elongated back muscles</li><li>. Strengthening of identified weak and elongated upper back muscles</li><li>. Lengthening of identified short and tight hip flexion muscles</li></ul></li><li>. Ensure progression of selected postural correction exercises</li><li>. Discussion regarding workplace ergonomics and recommendations for ergonomic modifications to facilitate postural correction</li></ul>                       |