

Alex Morgan

15 Jun 2026 - 10 Aug 2026 · 8-week assessment

Executive summary

Weight

82.7 kg

▼ 3.7 kg

vs previous assessment

Body fat

20.8 %

▼ 3.4 %

vs previous assessment

Measurements increased

3

of 8 tracked

Measurements decreased

5

of 8 tracked

Progress table

Measurement	Previous	Current	Change
Weight	86.4 kg	82.7 kg	▼ 3.7 kg
Body fat percentage	24.2 %	20.8 %	▼ 3.4 %
Neck	39 cm	38.5 cm	▼ 0.5 cm
Shoulders	118 cm	120.5 cm	▲ 2.5 cm
Chest	104 cm	105 cm	▲ 1 cm
Upper arm	35 cm	36 cm	▲ 1 cm
Waist	96 cm	89 cm	▼ 7 cm
Hips	104 cm	100 cm	▼ 4 cm

✓ Body fat percentage and Waist improved this period.

Measurement history

Weight ▼ 3.7 kg 86.4 kg → 82.7 kg 15 Jun 202610 Aug 2026	Body fat percentage ▼ 3.4 % 24.2 % → 20.8 % 15 Jun 202610 Aug 2026
Neck ▼ 0.5 cm 39 cm → 38.5 cm 15 Jun 202610 Aug 2026	Shoulders ▲ 2.5 cm 118 cm → 120.5 cm 15 Jun 202610 Aug 2026
Chest ▲ 1 cm 104 cm → 105 cm 15 Jun 202610 Aug 2026	Upper arm ▲ 1 cm 35 cm → 36 cm 15 Jun 202610 Aug 2026
Waist ▼ 7 cm 96 cm → 89 cm 15 Jun 202610 Aug 2026	Hips ▼ 4 cm 104 cm → 100 cm 15 Jun 202610 Aug 2026

Coach notes

J

John

Excellent progress during this period. Body fat and waist measurements decreased significantly while chest, shoulder, and arm measurements improved. This indicates successful fat loss while maintaining and developing muscle mass. Continue with the current training and nutrition plan, focusing on consistency, recovery, and progressive overload.

ASSESSMENT PERIOD 15 Jun 2026 - 10 Aug 2026	DURATION 8 weeks
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