No.
NB-100001
Issued on
29/11/2026

Assessment summary

Member

Sonia Mehenni

Member no. NB-100001

Visits, last 30 days
0

Classes attended, last 30 days
3

Body composition measures

Date	Weight	Body fat	Lean mass
24/08/2026	70.2 kg	34 %	46.3 kg
05/10/2026	70.5 kg	33.4 %	47 kg
16/11/2026	70.8 kg	32.8 %	47.6 kg

Personal records

Exercise	Value	Date
Suspension plank, endurance	52.5 kg	25/11/2026
Barbell hip thrust	70 kg	23/11/2026

Measures taken at the club, with no medical interpretation. For any health question, talk to your doctor.

Personal and confidential. Given only to the member, or to their coach with their consent.