

WEEKLY CHECKIN BHVANA BARSIWAL

DATE – 28 JUNE

Removeat Weekly Check- in Form

Responses: -

1. What is your Name?

Answer: Bhavana Barsiwal

2. Your email Id?

Answer: bhavana.barsiwal@gmail.com

3. Scalable progress? Current and Previous Weight & Body measurements? (Weight should be mention in KG & inches in CM)

Chest -

waist -

Hip -

Answer: 65kg, 41inch, 41.5, 42

4. what were the challenges you faced last week?

Answer: Not able to do exercise

5. Biggest Achievement in the week?

Answer: Nothing

6. Was your hydration and appetite proper?

Answer: No

7. How long you sleep in a day?

Answer: 3-5 Hours

8. Share you current photo (Front,Side & Back)

Answer: No Answer

9. Non-Scalable victories?

Answer: No Answer

**10. Your preferred time for the Weekly check-in call? (Pick a slot Monday - Saturday
(Between 9 am - 2.30 pm)**

Answer: 9am