

Suzie Sample

Your Vital Snapshot

Your Data. Your Health. Your Future.



Redefining what's possible with data

YOUR EVOLT 360 BODY SCAN

DATE

06-25-2025 08:51

NAME



DOWNLOAD THE
EVOLT ACTIVE APP
GET IT ON the
App Store GET IT ON
Google Play

HEIGHT

5 ft 1 in

WEIGHT

187.6 lb

AGE

48

GENDER

Female

YOUR BODY COMPOSITION

1. LEAN BODY MASS KG/LBS

113.3 / High [78.7 - 96.3]

6. BODY FAT MASS KG/LBS

74.3 / High [23.4 - 34.8]

11. VISCERAL FAT LEVEL

15 / Over Range

2. SKELETAL MUSCLE MASS KG/LBS

61.7 / High [43.7 - 53.4]

7. SUBCUTANEOUS FAT MASS KG/LBS/%

63.5 [33.8%]

12. INTRACELLULAR FLUID (ICF) KG/LBS

52.7 [65%]

3. PROTEIN KG/LBS

21.2 / High [15.4 - 19.0]

8. VISCERAL FAT MASS KG/LBS/%

10.8 [5.8%]

13. EXTRACELLULAR FLUID (ECF) KG/LBS

28.9 [35%]

4. MINERAL KG/LBS

10.6 / High [5.7 - 7.1]

9. VISCERAL FAT AREA cm²

140 / High [40 - 80]

14. BMR [BASAL METABOLIC RATE]

1480 kCal

5. TOTAL BODY WATER KG/LBS

81.6 / High [57.5 - 70.3]

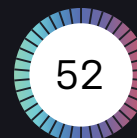
10. TOTAL BODY FAT PERCENTAGE

39.6% / High [20 - 30]

15. TEE (Total Energy Expenditure)

2279 kCal

16. BIO AGE



17. BWI[®] SCORE



18. SEGMENTAL ANALYSIS

UPPER - LOWER BODY BALANCE LEFT - RIGHT

☐ BALANCED ☐ BALANCED
☒ UNBALANCED ☒ UNBALANCED

LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	LEFT ARM
6.24 / High [4.25 - 5.20]	4.94 / High [2.34 - 3.51]	
LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	TORSO
53.04 / High [32.06 - 39.18]	41.18 / High [19.29 - 28.92]	
LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	LEFT LEG
14.90 / High [11.77 - 14.37]	11.97 / High [5.42 - 8.14]	



RIGHT ARM	LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>
6.72 / High [4.25 - 5.20]	4.59 / High [2.34 - 3.51]	
19. ABDOMINAL CIRCUMFERENCE	20. WAIST TO HIP RATIO	
37.6 in (Greater than 35 in)	0.93 / High [0.7 - 0.85]	
RIGHT LEG	LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>
13.93 / Optimal [11.77 - 14.37]	11.60 / High [5.42 - 8.14]	

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS.
VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

21. CALORIES



2279 - 2379

22. PROTEIN (g) (g) (g)



171g - 178g (30%)

23. CARBOHYDRATES



228g - 238g (40%)

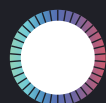
24. FAT



76g - 79g (30%)

YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS



FAT LOSS



MUSCLE GAIN



OPTIMAL HEALTH

L-Glutamine
Protein Isolate (Whey or Plant)
Branch Chain Amino Acids (BCAA's)
Greens Powder
Multi-Vitamin
Vitamin B
Lean protein bar snacks
Gut Health Support (Eg. Probiotics)

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

Note: These suggestions are designed for general guidance only and are not designed to treat or diagnose any condition. They are not to be taken as medical advice and we strongly recommend you seek professional assistance from your Medical or Healthcare Professional.



THE INTELLIGENT BIOSCAN

#evolt360 @evolt360

evolt360.com



Vital Snapshot

Client: Suzie Sample **Date:** June 30, 2025

Coach: Darrell – Holistic Health & Performance Coach

Device: Evolt360 | **Scan Type:** Full Body Composition Analysis

Stats: 48 y/o | Female | 5'1" | 187.6 lbs



ONE-PAGE OVERVIEW DATA SNAPSHOT

Metric	Value	Status	Indicator
Current Weight	187.6 lbs	Needs Improvement	
Goal Weight	140 lbs	47.6 lbs 6-7 months	
Body Fat %	39.6%	High	
Visceral Fat Level	15 (over range)	Critical	
Muscle Mass	61.7 lbs (High)	Excellent	
Total Body Water	81.6 lbs (High)	Good	
Skeletal Balance	Unbalanced	Needs Work	
BMR	1480 kcal	Normal	
Sleep Duration	8 hrs	Good	
Sleep Quality	7/10	Fair	
Activity Level	Light, 5 days/week	Needs Intensity	
Stress Level	8/10	High	
Mental Health	7/10	Fair	
Energy Levels	Average/Tired	Needs Work	
Hydration	1 gallon/day	Excellent	
Nutrition Tracking	No	Missing	
Food Intake	2 meals/day	Potentially Low	
Mindset Readiness	Ready to take action	Excellent	

Green = Optimal/Strong Foundation

Yellow = Caution / Needs Attention

Red = Alert / High Risk Zone

OVERVIEW

Suzie, your **high lean muscle mass, hydration, and consistent sleep duration are wins you should be proud of.** You're mentally ready to go, which is a key lever for change. However, your **visceral fat level of 15 and high total body fat percentage (39.6%)** are critical risk markers that require immediate focus to support your metabolic health, longevity, and your goal of being “strong, resilient, confident, content.”

Your **stress level (8/10) is not just a mood concern—it is a metabolic concern.** **Elevated stress increases cortisol, which signals your body to hold onto visceral fat, breaks down muscle tissue, disrupts sleep cycles, and blunts your metabolism.** Chronic high cortisol can also drive cravings, suppress fat-burning, and worsen fatigue, making consistent progress harder even if you're “doing all the right things.”

Digestive challenges (bloating, reflux) and low meal frequency limit nutrient absorption, impacting energy and muscle recovery. Light activity is good, but without structured, progressive resistance training, your muscle preservation and fat loss potential are capped. The biggest critical issues are **high visceral fat driven by stress and cortisol dysregulation, lack of nutrition tracking, and missing structured strength training**, all of which will undermine your readiness if not addressed.

TRAJECTORY

If nothing changes, your **trajectory over the next 6-12 months will likely be stagnant weight, persistent visceral fat, and continued low energy**, even with your best intentions. Chronic high cortisol will continue to **signal your body to store belly fat, break down muscle, and drain your energy** daily, making it feel like you're running uphill with a weighted vest.

Your bio age (52 vs. your 48 years) will remain elevated, and stress will continue to disrupt recovery, immune function, and sleep quality, all of which compound

over time. Your current light activity level and lack of nutrition structure will limit your ability to achieve the lean, energized, confident future self you envision.

However, if action is taken now—with structured nutrition tracking, targeted resistance and mobility training, and a daily stress management protocol—you can dramatically shift your trajectory. Your cortisol can normalize, reducing visceral fat storage signals. You will be able to preserve muscle, support your metabolism, and increase your energy. In 6-12 months, you can lower visceral fat levels, drop body fat, maintain your muscle, and improve mental resilience, aligning your body with your faith-fueled optimism and desire to be strong, resilient, and confident. This is your moment to match your readiness with decisive action.

TOP 3 IMPORTANT ACTIONS

1 Implement a Structured Nutrition Plan + Tracking

- Track intake (MyFitnessPal, Cronometer) to align with a slight calorie deficit (~1800 kcal) and high protein.
- Shift to 3 balanced meals daily to stabilize blood sugar, reduce cortisol spikes, and improve digestion.
- Prioritize whole, anti-inflammatory foods to support gut health and energy.

2 Structured Resistance Training + Mobility Plan

- Move from “light” to “moderate” intensity with progressive overload 3-4x/week, using weights and bands.
- Add 10-15 min daily mobility to address skeletal imbalances and improve flexibility.
- Incorporate 1-2 cardio sessions to support visceral fat reduction.

3 Stress + Cortisol Management Protocol

- Daily breathwork, prayer-focused meditation, or gratitude journaling (5-10 min) to reduce cortisol.
- Schedule post-work recovery: stretching, nature walks, or cold plunge to signal your body to shift out of fight-or-flight.
- Build accountability (coach or community) to reduce isolation, improve mental health, and lower stress systematically.

Suzie, you're ready to lead yourself boldly into your next chapter, but your **cortisol and stress must be tamed to unlock your transformation**. Let's align your mindset, faith, and readiness with targeted, data-driven actions to make "strong, resilient, happy, confident, and content" not just words—but your lived reality. 🚀





WHO WE ARE & HOW WE HELP

At **proACTIVE Mobility**, we believe your best days are ahead of you—not behind you.

We're here to help you **rediscover what's possible**, using a **data-driven approach** that takes the guesswork out of your health journey. We don't do cookie-cutter programs or wishful thinking. We use **Evolt360 or InBody scan data** combined with your intake information to see exactly where you are, so we can get you to where you want to be—efficiently, intelligently, and sustainably.

We specialize in **data-driven health optimization** that considers 7 pillars of optimal health:

- ✓ **Nutrition** (because abs aren't made in the kitchen, but they sure as heck are revealed there)
- ✓ **Fitness** (not just moving more, but moving well and with purpose)
- ✓ **Hydration** (the simplest performance enhancer you're probably underusing)
- ✓ **Sleep** (Where muscle is built, and the body is restored, you can't out-train bad sleep, sorry)
- ✓ **Recovery** (rest is when the magic happens)
- ✓ **Stress** (The cortisol driver of visceral fat)
- ✓ **Mindset** (because your brain is the command center for your body)

We don't just help you improve numbers on a scan—we help you transform how you live, move, and feel. Our mission is to guide you toward **your optimal health**, so you can live fully, move confidently, and show up for the people and passions that matter to you.

We're **proACTIVE Mobility**—and we're here to help you step boldly into what's possible.

3-TIER OPTIONS

✨ **Report Only** – Perfect if you're a self-starter who wants the roadmap to follow on your own.

✨ **Report + Support** – Ideal if you're ready to get coached, stay accountable, and receive personalized guidance as you implement your plan.

✨ **Report + Support + Personal Training** – Best if you're ready for full support with coaching, accountability, encouragement, and in-person training to guide you every step of the way.

OUR REPORTS AND PROGRAMS INCLUDE



VITAL SNAPSHOT

See the truth. Make it count.

Report Only – FREE

- Scan Page
- Critical metrics snapshot
- Overview
- Trajectory
- Top 3 important Actions



Report + Consult – \$50

- Full report + a 30 minute coaching consultation to explain results

Ideal For: Self-starters who need clarity on what matters most so they can stop guessing and start taking decisive action immediately.

Rediscover What's Possible With Data...

Stop guessing. Start progressing.



INSIGHT REPORT

Start with insight. Act with purpose.

Report Only – \$50

- Level 1 INSIGHT scan report with interpretation
- Top health priorities & starter action steps

Report + Support – \$100/month

- Monthly scan (client arranges & pays scan provider)
- Level 1 INSIGHT scan report (Month 1)
- Monthly scan progress report + coaching
- Unlimited message support

Report + Support + Personal Training

One-on-one Personal Training

- ✓ Add personal training @ **\$40/session** (normally \$70/session).
- ✓ Fully integrated with your Insight Report for accountability, form coaching, and faster results.

Group Fitness – \$120/month (when available)

- ✓ Add group fitness @ **\$10/session**
- ✓ Fully integrated with your Insight Report for accountability, form coaching, and faster results.

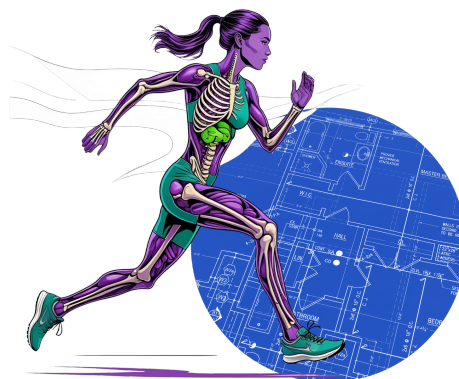
Ideal For: Self-motivated individuals needing clear direction and light coaching and or training to stay on track.





CLARITY BLUEPRINT

Know the path. Trust the process.



Report Only – \$100

- Level 2 CLARITY BLUEPRINT scan report with fully integrated overview of data snapshot,
- Full client intake lifestyle data integration
- Detailed Strategic Transformation Plan
- Macro guidance, training outline, and supplement recommendations
- Strategies take into consideration the integration of 7 pillars of optimal health: Nutrition, Fitness, Hydration, Sleep, Stress, Recovery, and Mindset

Clarity Blueprint + Support Plan – \$200/month

- ✓ Monthly Evolt scan (paid directly to the provider)
- ✓ Level 2 Clarity Blueprint report (Month 1 deep dive)
- ✓ Monthly scan progress report with personalized coaching review
- ✓ Two accountability coaching calls per month
- ✓ Unlimited message support for encouragement, troubleshooting, and quick questions

This ensures ongoing feedback, adjustments, and mindset support while we fine-tune your **nutrition, training, and stress management**.

Clarity Blueprint + Support + Personal Training

One-on-one Personal Training

- ✓ Add personal training @ \$40/session (normally \$70/session).
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

Group Fitness – \$120/month (when available)

- ✓ Add group fitness @ \$10/session
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

Ideal For: Those wanting consistent accountability, deeper strategy, and structured training and progress over time. (Additional PT sessions can be added @ \$40/session)



SCAN COMPARISON PROGRESS REPORT

Track the data, make adjustments, hit your goals

Report Only – \$30/month

- Monthly Scan (paid to provider)
- Track your scan data from month to month
- Report Assesses what is working and what needs to be adjusted.



Scan Comparison progress report + personalized coaching review \$50/month

- ✓ Monthly Evolt scan (paid directly to the provider)
- ✓ Monthly scan progress report with personalized coaching review
- ✓ Unlimited message support for encouragement, troubleshooting, and quick questions

This ensures ongoing feedback, adjustments, and mindset support while we fine-tune your **nutrition, training, stress management and any other strategies.**

Scan Comparison Progress Report + Coaching Review + Personal Training

One-on-one Personal Training

- ✓ Add personal training @ **\$40/session** (normally \$70/session).
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

Group Fitness – \$120/month (when available)

- ✓ Add group fitness @ **\$10/session**
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

Ideal For: Those wanting consistent accountability, deeper strategy, and structured training and progress over time. (Additional PT sessions can be added @ \$40/session)

**“You can have excuses
or your can have results
but you can’t have both”**



Your Health & Fitness Strategist & Transformation Partner

— **Darrell MacLearn** Owner | proACTIVE Mobility

623-282-0416

info@proactivemobilityus.com

This report is based on your body composition scan data and general health guidelines. Always consult with healthcare professionals for medical advice.

