



Sample client for review — this is not a real person’s data.

SHARED WITH PERMISSION

A real member of this gym allowed their progress to be shown. Their name, face and health details are left out.

A REAL MEMBER’S JOURNEY

12 weeks with Karthik Raja

30 yrs · Female · 162 cm

GOAL

Fat loss

PLAN

Personal training · 3 months



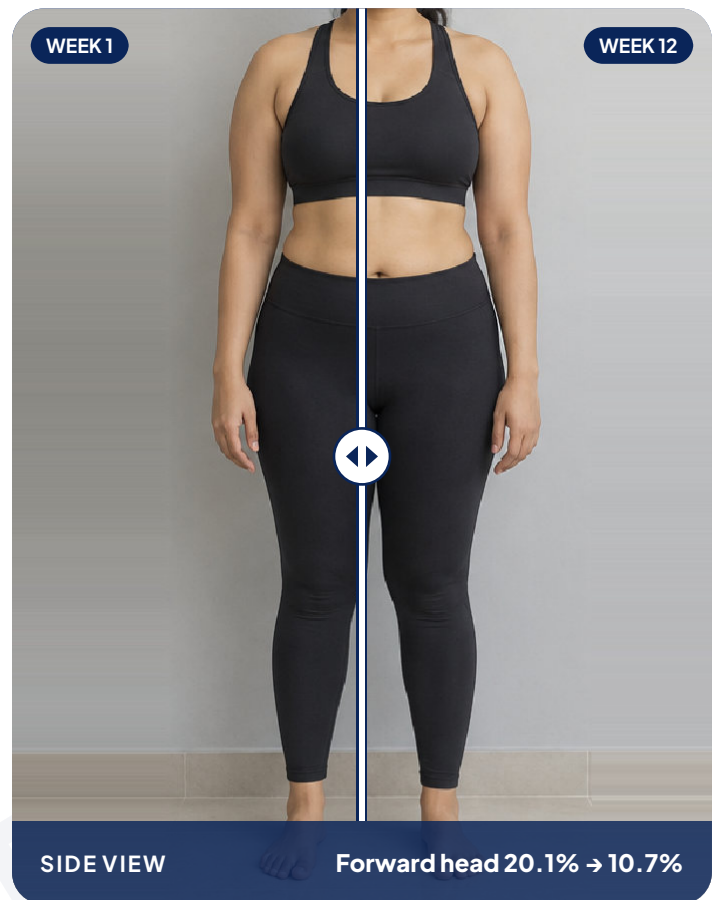
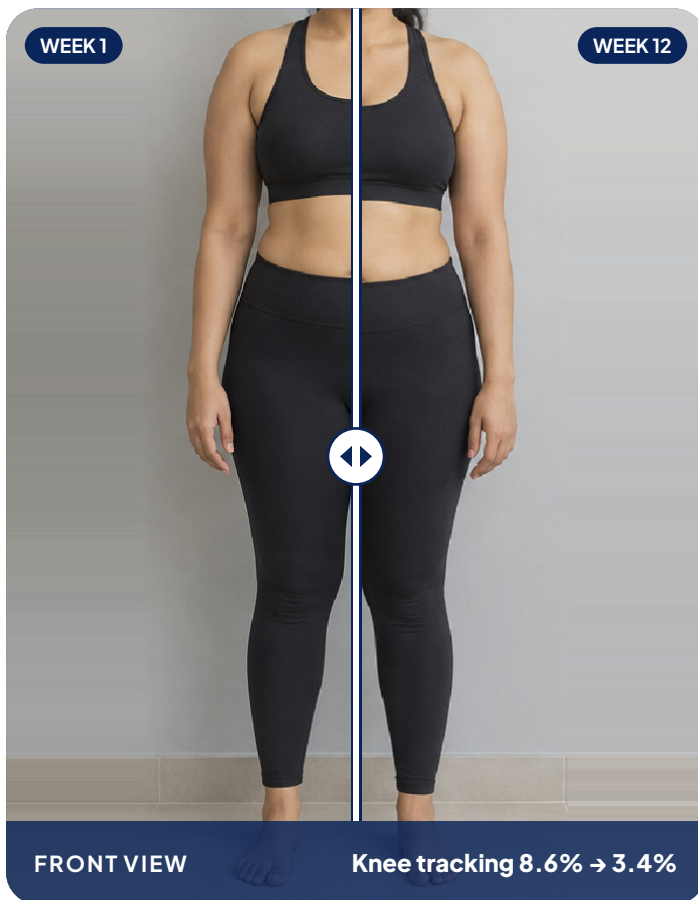
AT A GLANCE

In 12 weeks, this member lost 7.0 kg, took 7.5 cm off the waist, attended 33 of 36 sessions and completed 45 workouts. Romanian Deadlift went from 30 kg to 52.5 kg — 75% stronger. 4 new personal bests along the way. 8 of 11 posture measures moved closer to neutral. Longest run of training days: 11.

RECORDED IN PEKO 1,237 dated records: 38 weigh-ins · 812 sets · 318 meals · 36 photos · 33 sessions

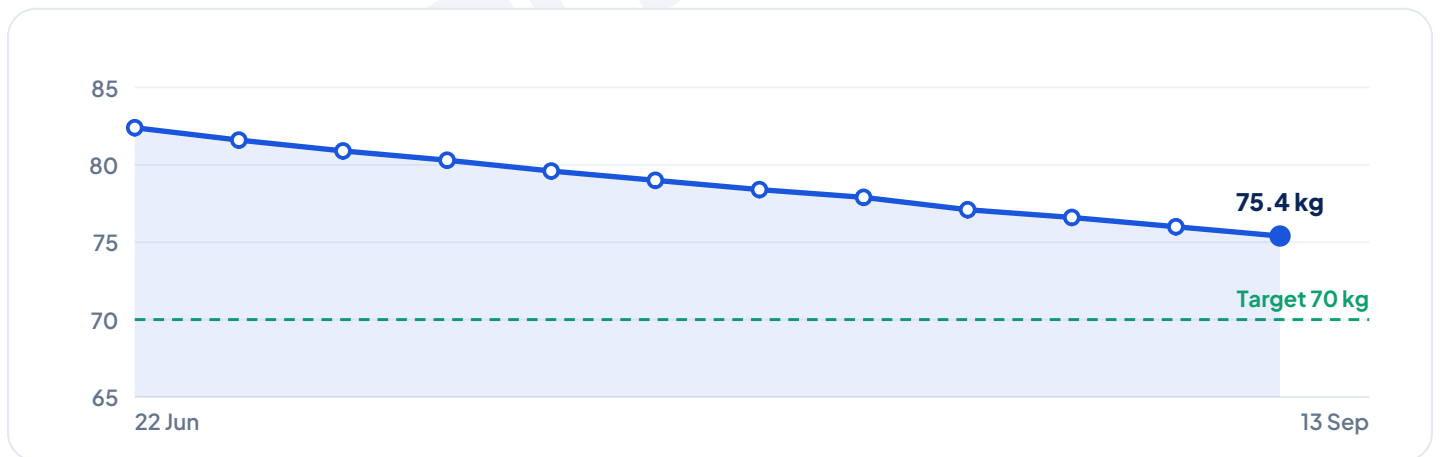
The change, in one frame

Week 1 on the left, week 12 on the right — lined up at the shoulders and ankles



Body composition

Weigh-ins from 22 Jun 2026 to 13 Sep 2026



STARTED AT

82.4 kg

22 Jun 2026

NOW

75.4 kg

7 Sep 2026

TARGET

70.0 kg

Fat loss

TO GO

5.4 kg

to lose

WEEKLY PACE

-0.6 kg

a week, on average

Every angle

The same three photos, then and now

BEFORE Week 1 · 22 Jun 2026 · 82.4 kg



AFTER Week 12 · 7 Sep 2026 · 75.4 kg



Week by week

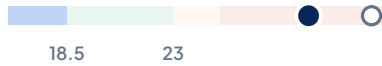
The front photo at each step of the journey

22 Jun
82.4 kg13 Jul
80.3 kg3 Aug
78.4 kg17 Aug
77.1 kg7 Sep
75.4 kg

Health markers

Where the numbers sit against clinical reference ranges

BMI

28.7 Obese

Was 31.4 · Asian cut-offs

WAIST TO HEIGHT

0.53 Raised

Waist to hip 0.86 · under 0.85 is healthy

FAT AND LEAN MASS

-5.4 kg fat lost

Lean mass 58.3 → 56.7 kg

SCALE AND VITALS	FIRST	LATEST	CHANGE	REFERENCE
Skeletal muscle	24.6 kg 22 Jun	25.3 kg 7 Sep	+0.7	—
Visceral fat level	10 22 Jun	7 7 Sep	-3	In range Healthy 1–9
Body water	48.4 % 22 Jun	51.2 % 7 Sep	+2.8	In range Healthy 45–60%
Basal metabolic rate	1528 kcal 22 Jun	1496 kcal 7 Sep	-32	—
Metabolic age	38 yrs 22 Jun	31 yrs 7 Sep	-7	Watch At or below 30
Resting heart rate	82 bpm 22 Jun	71 bpm 7 Sep	-11	In range 60–100 bpm; lower when fit
Blood pressure	132/86 22 Jun	118/76 7 Sep	-14	In range Normal, under 120/80

Reference ranges: BMI on the Asian cut-offs India's health ministry uses; waist-to-height under 0.5; waist-to-hip from the WHO; blood pressure from the American Heart Association. A screening aid for training, not a diagnosis.

Measurements

First and latest, each on the day it was taken

IN CM	FIRST	LATEST	CHANGE	IN CM	FIRST	LATEST	CHANGE
Neck	34 22 Jun	32.5 7 Sep	-1.5 cm	Waist	94 22 Jun	86.5 7 Sep	-7.5 cm
Shoulders	104 22 Jun	102 7 Sep	-2.0 cm	Hips	106 22 Jun	101 7 Sep	-5.0 cm
Chest	98 22 Jun	94.5 7 Sep	-3.5 cm	Thigh	60 22 Jun	56.5 7 Sep	-3.5 cm
Upper arm	31.5 22 Jun	30 7 Sep	-1.5 cm	Calf	38 22 Jun	37.5 7 Sep	-0.5 cm
Forearm	25 22 Jun	24.5 7 Sep	-0.5 cm				

Posture analysis

Front, side and back, measured from the photos

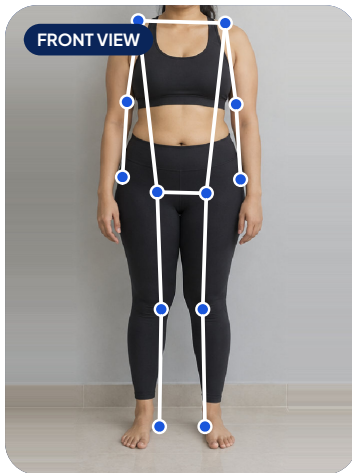
MEASURED FROM THE PHOTOS

11 of 11 measures in a healthy range

Up from 3 of 11 in week 1

Measured with Google's BlazePose model (MediaPipe): 33 body landmarks read from each progress photo, on the phone. Every figure is an angle or an offset between two named landmarks, taken on the photo's true proportions, so each one can be explained and checked. A screening aid for training, not a medical diagnosis.

100%



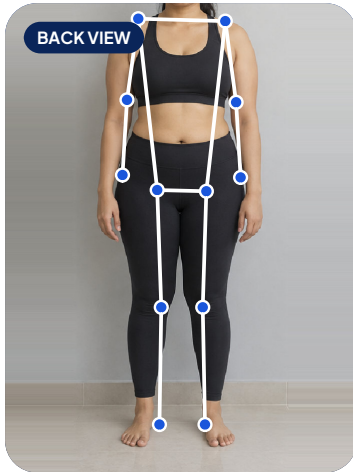
FRONT VIEW

MEASURE	WEEK 1	NOW	STATUS
Shoulder level Left higher	6.3°	1.6°	In range
Pelvic level Left higher	5.6°	1.4°	In range
Head tilt Left higher	5.3°	1.3°	In range
Lateral alignment	0.8%	0.8%	In range
Knee tracking Knees track inward	8.6%	3.4%	In range



SIDE VIEW

MEASURE	WEEK 1	NOW	STATUS
Forward head Ear ahead of shoulder, against torso length	20.1%	10.7%	In range
Upper-back rounding Shoulder offset from hip, against torso length	4.8%	4.8%	In range
Standing hip-knee-ankle Deviation from a vertical stack	5.2°	5.2°	In range



MEASURE

Scapular level

Left higher

WEEK 1

6.3°

NOW

1.6°

STATUS

In range

Pelvic level

Left higher

5.6°

1.4°

In range

Knee tracking

Knees track inward

8.6%

3.4%

In range

Training

Sessions with the trainer and workouts logged in Peko

SESSIONS

33/36

92% · 2 missed

WORKOUTS

45

41 full · 4 partial

TIME TRAINED

43.5 h

across workouts

WEIGHT LIFTED

186.4 t

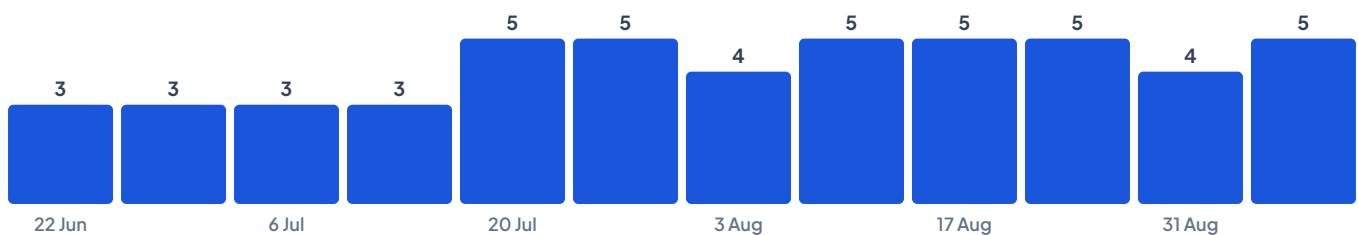
total volume

SETS DONE

94%

812 of 860

WORKOUTS PER WEEK

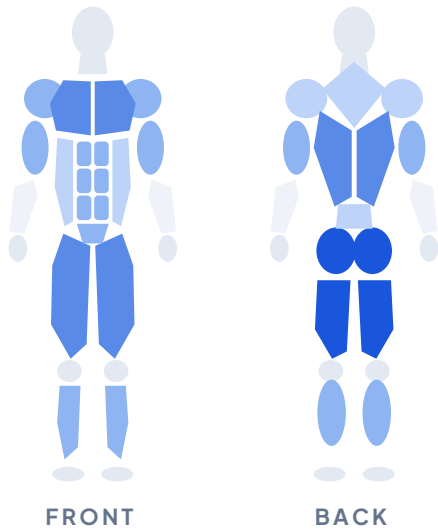


IN OTHER WORDS

186.4 t lifted is the weight of 46 elephants, and 43.5 h of training is 15 Chennai–Delhi flights.

Where the work went

Hard sets per muscle, from every logged workout



HARD SETS PER MUSCLE

Legs	128 sets	20%
Glutes	104 sets	17%
Back	96 sets	15%
Chest	62 sets	10%
Shoulders	58 sets	9%
Core	54 sets	9%
Hamstrings	48 sets	8%
Triceps	34 sets	5%

Less More

A finished set counts in full for the exercise's main muscle and half for each muscle that assists it.

Strength

Heaviest set on the first and the latest day of each lift

LIFT	FIRST	LATEST	CHANGE
Barbell Squat 22 days · 42.6 t moved	35 kg	57.5 kg	+64%
Romanian Deadlift 20 days · 38.1 t moved	30 kg	52.5 kg	+75%
Hip Thrust 18 days · 35.4 t moved	40 kg	70 kg	+75%
Lat Pulldown 21 days · 21.8 t moved	25 kg	37.5 kg	+50%
Dumbbell Bench Press 17 days · 14.2 t moved	8 kg	12.5 kg	+56%

PERSONAL BESTS

Hip Thrust **70 kg × 8** · 10 Sep

Barbell Squat **57.5 kg × 6** · 8 Sep

Romanian Deadlift **52.5 kg × 8** · 4 Sep

Plank **2.5 min** · 1 Sep

Fitness tests

The first test against the latest, 3 tests in all

TEST	FIRST · 22 JUN	LATEST · 10 SEP	CHANGE
Push-ups In one go	4	15	+11 · +275%
Plank Longest hold	28s	80s	+52s · +186%
Sit & reach Past the toes	-3 cm	6.5 cm	+9.5 cm

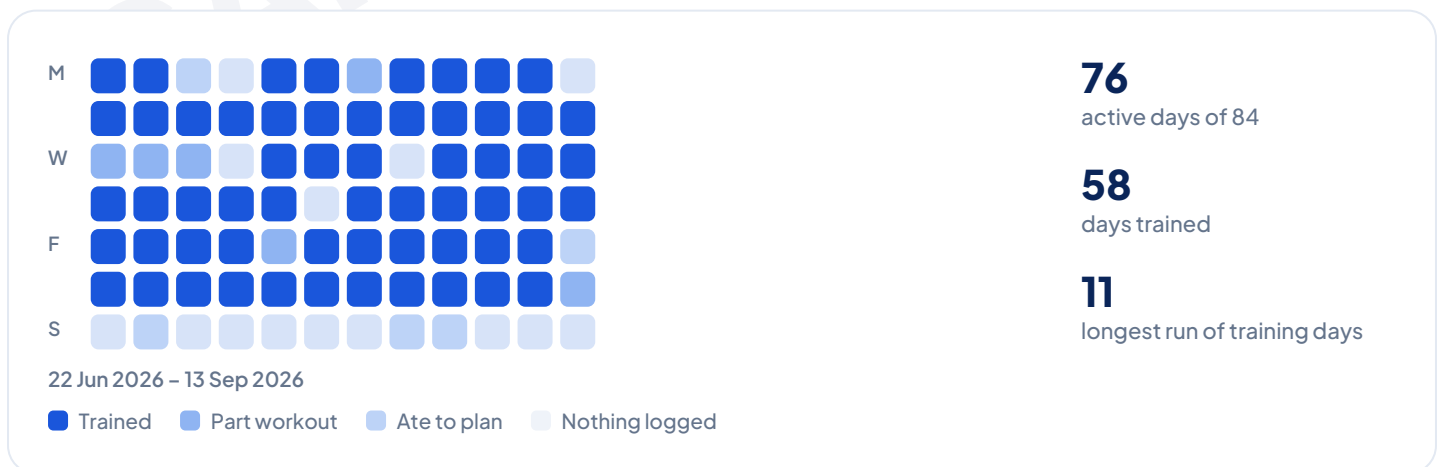
Nutrition

Daily averages across 71 days of food logs



Consistency

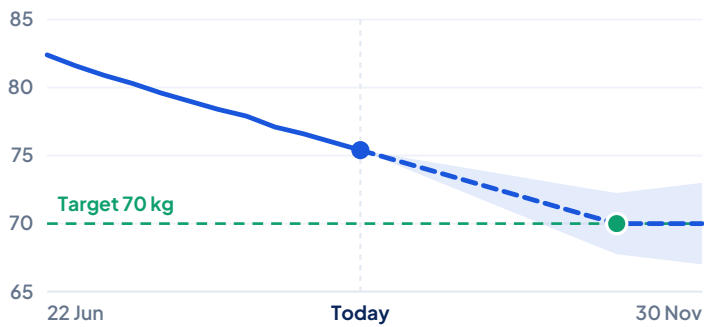
Every day between the two dates



The next 12 weeks

Where this journey is heading

FORECAST AT THE CURRENT PACE



PACE

–0.6 kg a week

From the last 8 weigh-ins

GOAL

Around 9 Nov 2026

70.0 kg, if the pace holds

COACHED BY

Karthik Raja

77 Fitness Studio · Anna Nagar

YOUR TURN

Start your own story at 77 Fitness Studio

Train with Karthik Raja — every weigh-in, set, meal and photo tracked in Peko, like this report.

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