

Extreme BRICKOVER 2



General Information

Name: Kim Beever

Gender: Female **Age:** 36

Height: 5'4" **Weight:** 222.5

Club: Lynne Brick's Owings Mills

Trainer: Lisa Cooper

Story Line:

- Wants to lose 80lbs.
- Her motivation to lose weight is for her family which is the most important thing in her life.
- Has a very low self-esteem. Hates feeling this way because inside that is not the person that she feels she really is.
- She suffers from fatigue all the time and is not able to do the things that she needs to do for her children.
- Has horrible eating habits including eating meals just prior to going to bed for the evening. Acknowledges that she needs someone to teach her a proper dieting regimen.
- Her weight problem has been very hard on her oldest son who gets picked on because of it. This breaks her heart.
- She is greatly affected by the loss of her daughter, Gracie, who passed away 6 years ago. She experiences daily struggles with her daughter not being in her life.
- She feels that this weight loss challenge is just what she needs to change her life for the better.