

Extreme BB RICKOVER 2



General Information

Name: Monica Kohnle

Gender: Female **Age:** 21

Height: 5'6" **Weight:** 290

Club: Brick Bodies Padonia

Trainer: Leslie Cahill

Story Line:

- Wants to lose 90lbs.
- Her motivation to lose weight is for her future.
- She has a career and a life ahead of her that will be cut short if she does not lose weight and change her lifestyle.
- Does not like her physical appearance, has a lack of motivation and low self-esteem.
- Envious of women who are fit because she knows that with the right motivation, courage and mind set, she could transform into one of these women.
- Her mother and grandmother are breast cancer survivors. Her mother was not fit when diagnosed with cancer and she saw first hand how much harder it was for her mother. Feels like she is very vulnerable to this disease and must plan ahead to lead a healthy lifestyle.
- Will be graduating from Stevenson University in December and wants to walk across the stage with pride and self esteem.