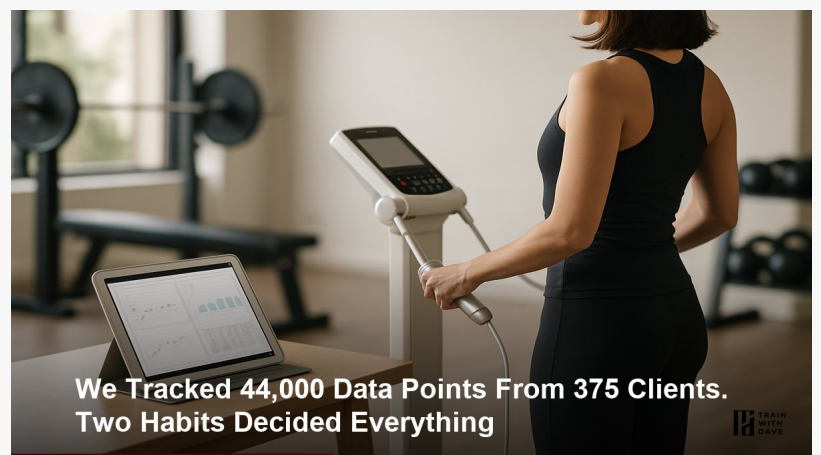


Train With Dave Publishes Client Data Study of 44,000 Measurements From 375 Clients

Orange County personal training company analyzed a year of weigh-ins, workouts, and nutrition logs; two client habits separated results by 3-4x

ORANGE, CA, UNITED STATES, August 28, 2026 /EINPresswire.com/ -- IRVINE, CALIFORNIA, August 28, 2026 -- Train With Dave, an Orange County personal training company, has published an analysis of 44,000 data points collected from its 375 active clients over twelve months -- 7,358 weigh-ins, 18,920 logged workouts, and 17,721 nutrition entries -- examining which client behaviors most strongly predicted fat-loss results.



The study found that 93% of new weight-loss clients lost body fat in their first 90 days, a result recorded independently on two instruments: InBody body-composition scans and coach-taken tape measurements. By the six-month mark, the typical measured client had lost 20% of their total body fat and nearly 4 inches from the waist. Published meta-analyses of randomized exercise interventions report an average of 1 to 1.7 inches of waist reduction over comparable periods.

The analysis identified two client habits associated with the largest differences in outcome. Clients who both weighed in at least weekly and logged complete days of food lost three times more body weight and four times more from the waist than clients who did neither. The study also found that partial food logging -- incomplete entries a few times a week -- showed no measurable association with results, while complete-day logging was associated with roughly double the pace of loss.

The company reports the findings are observational and publishes its full methodology alongside the study, including sample sizes, habit definitions, measurement methods, and limitations. The complete analysis is posted at [Train with Dave Blog](#).

"Most fitness advice is opinion -- we wanted receipts," said David Cozzens, founder of Train With Dave. "The data says the clients who measure, win. Weekly weigh-ins and honest food logs separated our fastest transformations from our slowest, and that's now how we coach every client."

Train With Dave has completed more than 150,000 training sessions in Orange County since 2016, including 32,000-plus sessions in 2025, across studios in Irvine, Orange, and Laguna Hills. The company reports over 1,000 five-star client reviews, and every coach holds a college degree. The study is the first in what the company states will be an annual client-data report.

ABOUT TRAIN WITH DAVE:

Train With Dave provides customized personal training and nutrition coaching at three Orange County studios. The company was founded in 2016 by David Cozzens, who has coached Orange County clients since 2009.

Kelsey Kennedy

Train with Dave

[email us here](#)

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