

Follow the instructions on the web-site. Remember, doing exercises the right way, (the form) is more important than how many you can do. Look at the pictures and watch the videos. When completed, keep this score sheet and compare your scores as you improve over time!

Don't compare yourself to anyone else. You are an individual, so compare your improvements against what you were able to do earlier or what you can do later on.

1. Push-ups to test your upper body strength.

Do them on your knees if necessary. How many can you do? Write it down.

Maximum # of push-ups _____ Date _____

2. Arm curls to test your upper body strength.

Use a weight you can handle between 2 -10 lbs. Either sitting or standing, with your arms hanging straight down, curl one arm up from the elbow through the full range of motion without moving the upper arm. Return to the starting position and do the other arm. How many can you do?

Maximum # of curls-left arm _____ right arm _____ Date _____

3. A wall-sit to test your lower body strength.

Put your back against a wall; feet shoulder width apart about half a step away from the wall. Slide down until your thighs are about parallel with the floor. Just like you're sitting on a chair. Hold as long as you can, and time yourself.

How long can you hold that position? Write the time down.

Minutes _____ Seconds _____ Date _____

4. A chair stand to test your lower body strength.

Put a chair against a wall or table so it won't move. Sit with your feet shoulder width apart and flat on the floor. Cross your arms over your chest or let them hang at your sides and stand all the way up, then sit all the way down. How many can you do?

Maximum # of chair stands_____Date_____

5. Crunches to test your abdominal strength.

Lying on your back with both legs straight up, raise your arms and lift your shoulders off the floor. Reach toward your toes and crunch your stomach muscles together. Go back to the starting position. You are only measuring improvements against yourself. How many can you do? Write it down.

Maximum # of Crunches_____ Date_____

6. Sit and Reach to test your flexibility.

Sit on the forward edge of a chair with your legs extended straight and your heels on the ground, toes up. Bend forward and reach toward your toes. Note how far down you go and approximately how many inches you are from your toes. Write it down.

Number of inches from my toes_____Date_____

7. Aerobic Level

You can do this indoors if you have a treadmill or go outside. Walk as quickly as you can for 5 minutes on the treadmill or around the block. Note how far you go and how it feels. Record the distance as a benchmark.

How far did I get?_____Date_____