Complete this assessment on the first day of the month.

**BEFORE BEGINNING:** Remember that this is a JOURNEY. Your worth is not dependent on your fitness assessment score. Some days you’ll do better, some days you may not. IT IS OKAY. Use this as a tool to know where you’re at, and to monitor your progress in ways that don’t involve the scale.

1- **Push-Up Test:**
This can be done standing and using a wall, standing and using a chair bench/couch, on the ground with your weight on your hands and on your knees, or on the ground using hands and weight on your toes.
Time: 1 minute
Task: Rep out as many push-ups as you are able to. You have 1 minute. Record your total on the tracking sheet.

2- **Crunch Test:**
Position: Lie on the floor or a mat on your back, with knees bent and hands behind head. Feet should be flat on the ground. Keep a space between your chin and chest (looking diagonal towards the ceiling).
Action EXHALE: Raise your chest until your shoulder blades lift off the floor. INHALE: Slowly lower back to floor. Special Instructions Don’t use your hands and arms to help lift you up - use abdominals and hips.
Time: 1 minute
Task: Rep out as many crunches as you are able to. You have 1 minute. Record your total on the tracking sheet.

3- **Timed half mile Walk/Jog/Run**
Either using a treadmill or a flat course that you have marked out to be half a mile, set out to walk, jog, or run. Record your time on the tracking sheet.

4- **Two Minute Step Test**
Select a chair/bench/or step. Set a timer for 2 minutes and then count how many times you can step up and back down (up and down counts as 1 rep). Record your total on the tracking sheet.

5- **Plank Hold**
Choose the plank position that works best for you: On toes or knees, on hands or elbows.
Time: Til failure
Start a timer and assume the position. Hold the plank for as long as you can. Record your time on the tracking sheet.
<table>
<thead>
<tr>
<th>DATE</th>
<th>Push Ups</th>
<th>Crunches</th>
<th>Half Mile</th>
<th>Step Test</th>
<th>Plank</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>