

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.

