



Assessment & Measurement Tracker



ASSESSMENT & MEASUREMENT *Tracker*

Name

Height

Date of Birth

Start Date: _____ End Date: _____

Chest Measurement

Waist Measurement

Hip Measurement

Shirt Size

Pants Size

Body Weight

One Mile Walk Test

Push Up Test

Crunch Test

Flexibility Test

*PRIOR TO STARTING THE PROGRAM
PLEASE ANSWER THE FOLLOWING QUESTIONS:*

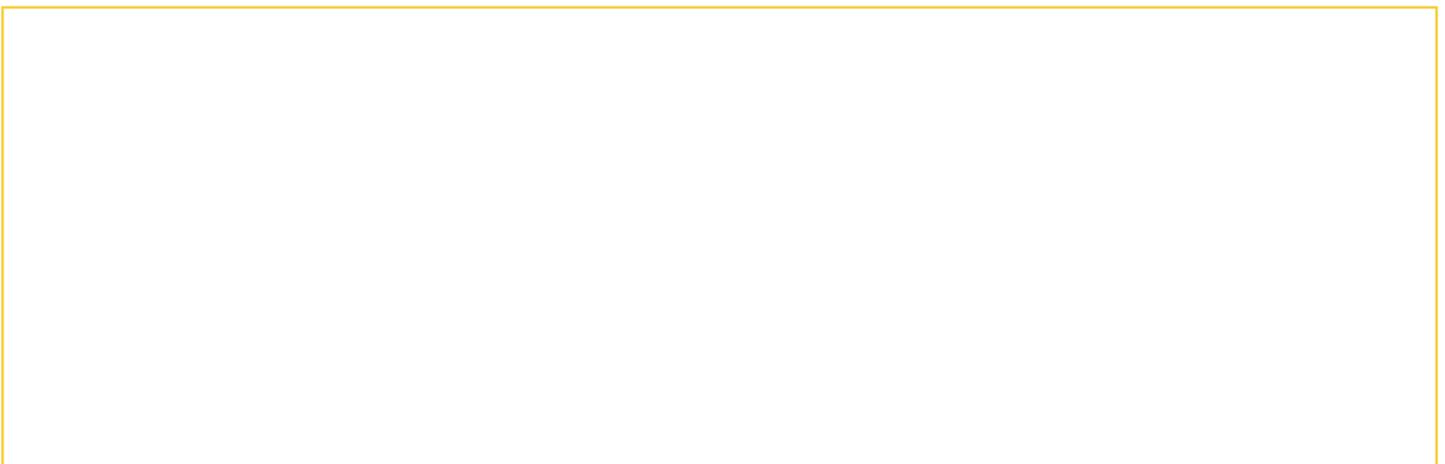
How are you feeling as it relates to your mood, energy level and stress level right now?



How will you personally know you have made some progress and positive changes?



How will you celebrate your wins each week and at the 6 week mark?



Assessments

There are two different types of assessments available to complete. One is more subjective in nature. The other is more objective. The subjective assessments are based on how you feel - your mood, energy level, stress level and how well your clothes fit. We'll use a rating scale from 1-10 to gauge these outcomes on a weekly basis. The other assessments are more objective in nature. They'll be based on specific numbers so that you can better gauge your performance as it relates to your age. The objective assessments will be completed at the very start of your program on the first day and again at the end of six weeks. These assessments will give you a baseline so that you have a way to track your progress along the way.

SUBJECTIVE WEEKLY ASSESSMENTS *(to be completed weekly)*

Give yourself a number from 1 -10 with 1 being absolutely no energy at all and 10 being so much energy that you are bouncing off of the walls. For example, if you wake up with energy and get a little sleepy in the middle of the day, you may give myself a rating of 6 for energy. For the mood scale, 1 will be completely unhappy and 10 will be incredibly happy and filled with joy. For the stress rating scale, 1 will be highly stressed and anxious and 10 will be completely at peace and in harmony. For the focus and attention scale, a rating of 1 is no focus and attention at all. A rating of 10 means you can concentrate and focus superbly.

| | ENERGY <i>(Rating of 1-10)</i> | MOOD <i>(Rating of 1-10)</i> | STRESS LEVEL <i>(Rating of 1-10)</i> | FOCUS & ATTENTION <i>(Rating of 1-10)</i> |
|--------|--|--|--|---|
| WEEK 1 | | | | |
| WEEK 2 | | | | |
| WEEK 3 | | | | |
| WEEK 4 | | | | |
| WEEK 5 | | | | |
| WEEK 6 | | | | |

Other Assessments

(to be completed once at start of program and again at end of 6 weeks)

There are four tests to be completed here.
You want to allot 45 minutes to an hour to complete all of them.

1. CARDIOVASCULAR COMPONENT

ONE MILE WALK TEST

This test evaluates the capacity of your lungs in relation to the volume of exercise you can tolerate.

TO COMPLETE THIS TEST, YOU ARE GOING TO NEED THE FOLLOWING ITEMS:

Stopwatch, Walking shoes, 1-mile level course (High School tracks are ideal for this - 4 times around the inner lane equals one mile), Heart rate monitor (optional)

TO PERFORM THE TEST, DO THE FOLLOWING:

1. Start the stopwatch and begin walking as fast as you can. Stop your watch when you complete one mile and write down this number. For example, if the stopwatch says 13 minutes and 30 seconds, go ahead and write down 13.5 minutes - to get an accurate decimal, take the number of seconds (30 in this example) and divide it by 60 (seconds).
2. Take your heart rate immediately either with a heart rate monitor or manually by taking your own pulse. To do so, count your pulse for 15 seconds and multiply by four. For example, if you count 45 beats in 15 seconds. Take 45×4 which equals 180. This will be your heart rate in beats per minute (bpm).
3. Now calculate your VO₂Max by plugging in your numbers to the following formula:
$$\text{VO}_2 \text{ max} = 132.853 - (0.0769 \times \text{your weight in pounds}) - (0.3877 \times \text{your age}) + (6.315 \text{ if you are male or } 0 \text{ if you are female}) - (3.2649 \times \text{your walking time}) - (0.1565 \times \text{your heart rate at the end of the test}).$$
You can also use an online VO₂Max calculator that allows you to just plug in the numbers and automatically gives you the answer.
4. To determine your cardiovascular fitness, grade your VO₂ max results based on your sex, as follows:

| RATING | WOMEN | MEN |
|-----------|-------------------|-------------------|
| SUPERIOR | Greater than 41.0 | Greater than 52.4 |
| EXCELLENT | 37.0 to 41.0 | 46.5 to 52.4 |
| GOOD | 33.0 to 36.9 | 42.5 to 46.4 |
| FAIR | 29.0 to 32.9 | 36.5 to 42.4 |
| POOR | 23.6 to 28.9 | 33.0 to 36.4 |
| VERY POOR | Less than 23.6 | Less than 33.0 |

2. UPPER BODY STRENGTH & ENDURANCE COMPONENT

PUSH UP TEST

This test determines how many push ups you can do.

I recommend using the standard 'military style' push up position with hands and toes on the ground. If you cannot complete these, you can use your knees by kneeling on the floor. Hands will be placed on either side of the chest and you will lower your chest towards the ground. It is helpful to place a block or a rolled up towel under your chest so you reach the same level each time you go down.

Complete as many push ups as you can until exhaustion and record the number. Then use the chart below to see where you rate.

PUSH UP TEST NORMS FOR MEN

| AGE | 17-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-65 |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | > 56 | > 47 | > 41 | > 34 | > 31 | > 30 |
| Good | 47-56 | 39-47 | 34-41 | 28-34 | 25-31 | 24-30 |
| Above average | 35-46 | 30-39 | 25-33 | 21-28 | 18-24 | 17-23 |
| Average | 19-34 | 17-29 | 13-24 | 11-20 | 9-17 | 6-16 |
| Below average | 11-18 | 10-16 | 8-12 | 6-10 | 5-8 | 3-5 |
| Poor | 4-10 | 4-9 | 2-7 | 1-5 | 1-4 | 1-2 |
| Very Poor | < 4 | < 4 | < 2 | 0 | 0 | 0 |

PUSH UP TEST NORMS FOR WOMEN

| AGE | 17-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-65 |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | > 35 | > 36 | > 37 | > 31 | > 25 | > 23 |
| Good | 27-35 | 30-36 | 30-37 | 25-31 | 21-25 | 19-23 |
| Above average | 21-27 | 23-29 | 22-30 | 18-24 | 15-20 | 13-18 |
| Average | 11-20 | 12-22 | 10-21 | 8-17 | 7-14 | 5-12 |
| Below average | 6-10 | 7-11 | 5-9 | 4-7 | 3-6 | 2-4 |
| Poor | 2-5 | 2-6 | 1-4 | 1-3 | 1-2 | 1 |
| Very Poor | 0-1 | 0-1 | 0 | 0 | 0 | 0 |

3. ABDOMINAL STRENGTH COMPONENT

CRUNCH TEST

This test will give you a baseline and track your progress as it relates to abdominal strength.

You will need the following items to perform this test:
Marker, Measuring Tape, Stopwatch, & Tape

1. To set up for this test, lay on your back with your knees bent and hands at either side of your body, fingers pointing towards your feet. Mark where the tip of your fingers land. Now measure 6 inches towards your feet and mark again with tape.
2. Set the timer for one minute and begin.
3. Curl up with head and shoulders off the floor and slide hands a distance of six inches forward on the floor to the 2nd tape marking. Exhale with each rep.
4. Count how many crunches you do in the allotted time (one minute).
5. Review the chart below to see your rating.

1 MINUTE CRUNCH TEST NORMS (MEN)

| AGE | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 66+ |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | >49 | >45 | >41 | >35 | >31 | >28 |
| Good | 44-49 | 40-45 | 35-41 | 29-35 | 25-31 | 22-28 |
| Above average | 39-43 | 35-39 | 30-34 | 25-28 | 21-24 | 19-21 |
| Average | 35-38 | 31-34 | 27-29 | 22-24 | 17-20 | 15-18 |
| Below average | 31-34 | 29-30 | 23-26 | 18-21 | 13-16 | 11-14 |
| Poor | 25-30 | 22-28 | 17-22 | 13-17 | 9-12 | 7-10 |
| Very Poor | <25 | <22 | <17 | <13 | <9 | <7 |

1 MINUTE CRUNCH TEST NORMS (WOMEN)

| AGE | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 66+ |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | >43 | >39 | >33 | >27 | >24 | >23 |
| Good | 37-43 | 33-39 | 27-33 | 22-27 | 18-24 | 17-23 |
| Above average | 33-36 | 29-32 | 23-26 | 18-21 | 13-17 | 14-16 |
| Average | 29-32 | 25-28 | 19-22 | 14-17 | 10-12 | 11-13 |
| Below average | 25-28 | 21-24 | 15-18 | 10-13 | 7-9 | 5-10 |
| Poor | 18-24 | 13-20 | 7-14 | 5-9 | 3-6 | 2-4 |
| Very Poor | <18 | <13 | <7 | <5 | <3 | <2 |

4. FLEXIBILITY COMPONENT

HAMSTRING FLEXIBILITY

To administer the hamstring flexibility test, you'll need a wall that you can lie next to and some tape or a pencil for marking.

1. Lay down next to the wall on your back. Lift the leg that is closest to the wall and keep as straight as possible. Mark the highest point on the wall where your leg lifts to
2. Mark down exactly where you lay and leave the marking for the next assessment in 6 weeks.

Ideally, you want to be able to bring your leg up to 90 degrees with a straight leg while you are on your back. This test will give you the ability to find out where you are at and the rate at which you are becoming more flexible.

*AT THE END OF SIX WEEKS
PLEASE ANSWER THE FOLLOWING QUESTIONS:*

How do you feel as it relates to your mood, energy level and stress level right now?

What progress have you made?

You did it! Way to go!!!