

Fitness Assessment Score Sheet

Senior Fitness Assessments

Assessment	Results
1. Chair Stand	/30 sec
2. Arm Curl- female (5lbs Male 8lbs)	/30 sec
3. Chair Sit & Reach	inches
4. 8 foot Up & Go	Sec.
5. Core Strength	
a. 5 min Active Sitting	5 Min Yes / No
b. Single Leg Stance	45 sec Yes/ No
c. Back-lying Core Strength	Yes / No

Functional Movement Assessment

Assessment	Results
1. Spinal Flexion Clearance	Pass/ Fail
2. Rotary Stability	points
3. 4 Stage Balance Test	
a. Side by side	Sec
b. half step side by side	Sec
c. tandem	Sec
d.1 foot	Right- Sec. / Left- Sec
4. Plank	Sec
5. Hurdle Step	Right- yes/no. / Left- yes/no
6. Wall Sit	Sec
7. Push up	
8. 1- mile walk	rating
9. Sit to Stand	Points