Fitness Assessment

Track your results on days 1 and 24, and additionally as you continue to improve.

INSTRUCTIONS: Rate the following FEEL BETTER questions on a scale of 1 - 5, with 5 being the best.

HOW DO YOU FEEL?

How is your overall daily energy level?

How well do you sleep?

How is your overall feeling of wellness?

HOW DO YOU LOOK?

How do you look?

How do you perform?

For a simple test of strength and endurance, count the number of push ups you can perform in 24 seconds.

INSTRUCTIONS: Rate the following FEEL BETTER questions on a scale of 1 - 5, with 5 being the best.

HOW DO YOU FEEL?

Date ASSESSMENT 1

Date ASSESSMENT 2

Date ASSESSMENT 3

Date ASSESSMENT 4

DAY 1

DAY 24

How is your overall daily energy level?

How well do you sleep?

How is your overall feeling of wellness?

HOW DO YOU LOOK?

Date ASSESSMENT 1

Date ASSESSMENT 2

Date ASSESSMENT 3

Date ASSESSMENT 4

DAY 1

DAY 24

Take 2 photos: profile and facing forward.

Take 2 photos: profile and facing forward.

Take 2 photos: profile and facing forward.

Take 2 photos: profile and facing forward.

Chest

Waist

Hips

Thigh

Weight

Be sure to take your measurements on the same side and in the same place each time.

MEASUREMENT GUIDELINES:

Chest - measure at the center of your sternum over/across your chest.

Waist - measure approximately 2 inches above your hip bone.

Hips - measure at the widest part around your hips.

Thigh - measure approximately 6 inches above the top of your kneecap.

HOW DO YOU PERFORM?

Date ASSESSMENT 1

Date ASSESSMENT 2

Date ASSESSMENT 3

Date ASSESSMENT 4

DAY 1

DAY 24

For a simple test of strength and endurance, count the number of push ups you can perform in 24 seconds.