



# 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?

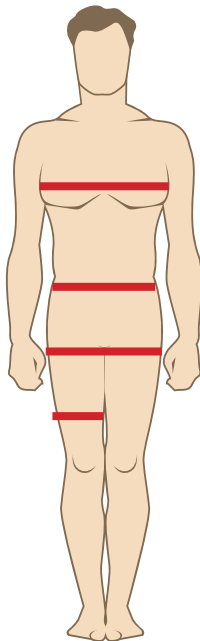
How is your overall daily energy level?

How well do you sleep?

How is your overall feeling of wellness?

Date _____ ASSESSMENT 1	Date _____ ASSESSMENT 2	Date _____ ASSESSMENT 3	Date _____ ASSESSMENT 4
DAY 1		DAY 24	

## HOW DO YOU LOOK?



Chest

Waist

Hips

Thigh

Weight

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.

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/around 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?

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

Date _____ ASSESSMENT 1	Date _____ ASSESSMENT 2	Date _____ ASSESSMENT 3	Date _____ ASSESSMENT 4
DAY 1		DAY 24	

