

Monthly Progress Test

Take the tests from the *Measuring Your Fitness Progress* tip sheet, record your scores, and watch your progress. You can find the *Measuring Your Fitness Progress* tip sheet and other helpful tip sheets in the “Resources” section at www.nia.nih.gov/Go4Life.

| ACTIVITY TYPE | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|---|-----|-----|-----|-----|-----|------|------|-----|------|-----|-----|-----|
| ENDURANCE Pick a fixed course, such as the distance from your house to the corner, and see how long it takes you to walk that far. | | | | | | | | | | | | |
| UPPER-BODY STRENGTH Count the number of arm curls you can safely do in 2 minutes. | | | | | | | | | | | | |
| LOWER-BODY STRENGTH Count the number of chair stands you can safely do in 2 minutes. | | | | | | | | | | | | |
| BALANCE Time yourself as you stand on one foot, without support, for as long as possible. Repeat with the other foot. | | | | | | | | | | | | |
| FLEXIBILITY Note how far you can reach toward your toes until you feel a stretch. | | | | | | | | | | | | |



National Institute on Aging

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