

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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