Appendix 1

Self-Assessment – Part 1

Use this table to record your current level of fitness for each exercise. This quick look will allow you to see how much progress you're making in the next few weeks and months.

Record today's date in the appropriate area, and then add dates for 2, 4, 8, and 12 weeks into the future.

Exercise	Today's Date:	2 Weeks Date:	4 Weeks Date:	8 Weeks Date:	12 Weeks Date:
Sit-to-Stand Exercise (Without assistance) (Number before fatigue)					
Dumbbell Curls: (Number before fatigue)					
Sit-and-Reach Test (How far can you reach?)					
Walk or Jog Test (How far in 10 minutes?)		*Do Every 4 Weeks*			

Descriptions:

Note: Take 5-10 minutes of light stretching or walking to warm-up and prepare your muscles before performing the exercises.

Sit-to-Stand Exercise: *(Measures lower body strength and endurance.)*

- **How to Do It:** Start by sitting in a chair with your feet flat on the floor, hip-width apart. Lean slightly forward and stand up by pushing through your heels, then slowly lower yourself back down to the seated position. Repeat 15 times or until fatigued, and record your results. (See Appendix 4.4.1 for illustration)

Dumbbell Curls: *(Measures upper body and biceps strength.)*

- **How to Do It:** Select a pair of light or medium-weight dumbbells. Stand with your feet shoulder-width apart, holding a dumbbell in each hand with your arms hanging by your sides and palms facing forward. Keep your elbows close to your torso. Slowly curl the dumbbells upward by bending your elbows until they are at shoulder level. Lower the dumbbells back to the starting position. Perform repetitions until fatigued and record your results.

Sit-and-Reach Test: *(Measures hip, lower back, and hamstring flexibility.)*

- **How to Do It:** Sit on the floor with your legs extended straight in front of you and feet against the wall with heels on the ground. Place a yardstick or tape measure along the inside of your legs, with the 0-inch mark aligned with your heels or wall. Slowly reach forward with both hands, keeping your knees straight and palms facing downward. Slide your hands along the yardstick as far forward as possible, and hold the furthest position you can reach for a moment. Record the distance reached, and repeat the test periodically to track your flexibility progress.

Walk or Jog Test: *(Measures cardiovascular endurance and leg strength.)*

- **How to Do It:** Select a safe, flat course you enjoy, such as a track or familiar sidewalk you think you can walk or jog in about 10–15 minutes. Wear comfortable clothing and supportive footwear. Start your stopwatch, or use a smartphone timer, and walk or jog the course at a challenging but sustainable pace for the entire duration. At the end of the course or 10 minutes, stop the timer and record the distance covered in 10 minutes or the time it took to complete your course. Note: As an alternative, you can do this on a treadmill.

<u>Tips for Walk or Jog Test Success:</u>

- Pace yourself to maintain a consistent speed throughout the course.
- Hydrate before and after the test to keep your body well-hydrated.
- Use a flat and safe route to avoid any unnecessary strain or risk of injury.