

How Fit Are You?

Scoring

- Rarely (1 point)
- Sometimes (2 points)
- Usually (3 points)
- Always (4 points)

Mobility and Daily Activities	Start	3 months	6 months	9 months	12 months
1. I find it easy to walk up or down two or more flights of stairs.					
2. I have no trouble taking out the trash.					
3. I easily do such chores as vacuuming and dusting.					
4. I can do other sorts of housework on my own without difficulty.					
5. I don't need help from family or friends with daily activities.					
6. I have little trouble reaching into high cupboards or reaching down to pick up something on the floor.					
Mood and Mental Health					
1. I feel younger than my age.					
2. I feel independent.					
3. I feel energetic.					
4. I live an active life.					
5. I feel Strong.					
6. My arms and legs work as well as they used to.					
7. I am as active as other people my age.					
TOTAL					

Evaluating your score

- 15-24 points: Indicates a low fitness level, with significant room for improvement in mobility, ability to complete daily activities, and mood and mental health.
- 25-34 points: Indicates a low-to-moderate fitness level, with room for improvement in most of the areas described above.
- 35-44 points: Indicates a moderate fitness level, with room for improvement in some of the areas described above.
- 45 and above: Indicates an advanced level of fitness; strength training will improve and maintain fitness.

