**Sample Scorecard for Senior Fitness Test**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_ Gender: \_\_\_\_\_\_

Height: \_\_\_\_\_\_ Weight: \_\_\_\_\_\_ BMI: \_\_\_\_\_\_

Test item Trial 1 Trial 2 Comments

1. Chair Stand Test \_\_\_\_\_\_

(# in 30 secs)

2. Arm Curl Test \_\_\_\_\_\_

(# in 30 secs)

3. 2-Minute Step Test\* \_\_\_\_\_\_

(# of steps)

4. Chair Sit-and-Reach Test \_\_\_\_\_\_ \_\_\_\_\_\_ (L or R leg)

(nearest 1/2 in. +/-)

5. Back Scratch Test \_\_\_\_\_\_ \_\_\_\_\_\_ (L or R hand up)

(nearest 1/2 in. +/-)

6. 8-Foot Up-and-Go Test \_\_\_\_\_\_ \_\_\_\_\_\_

(# of seconds)

7. 6-Minute Walk Test \_\_\_\_\_\_

(# of yards)

\* Omit 2-minute step test if 6-minute test is used.

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