

# Midlife Fitness Self-Assessment

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Watch Demo Videos [HERE](#)

Film yourself. Record scores. Retest in 4–6 weeks.

## Score Tracker

Test	Score	Rating
Plank		
Push-Ups		
Wall Sit		
Thoracic Mobility		
Hamstrings		
Shoulders		
Hips		
Date Tested: _____		
Retest Date: _____		

## Plank Scoring

Age	Excellent	Good	Developing	Needs Work
40–49	90+ sec	60–89	30–59	<30
50–59	75+ sec	45–74	20–44	<20
60+	60+ sec	30–59	15–29	<15

### Push-Up Scoring (Standard)

Age	Excellent	Good	Developing	Needs Work
40-49	15+	10-14	5-9	<5
50-59	12+	8-11	4-7	<4
60+	10+	6-9	3-5	<3

### Push-Up Scoring (Knees)

Age	Excellent	Good	Developing	Needs Work
40-49	20+	15-19	10-14	<10
50-59	18+	12-17	8-11	<8
60+	15+	10-14	6-9	<6

### Wall Sit Scoring

Age	Excellent	Good	Developing	Needs Work
40-49	90+ sec	60-89	30-59	<30
50-59	75+ sec	45-74	25-44	<25
60+	60+ sec	30-59	15-29	<15

## **Mobility Scoring**

Thoracic: Good / Developing / Needs Work

Hamstrings: Excellent 80–90°, Good 70–79°, Developing 60–69°, Needs Work <60°

Shoulders: Overlap / Touch / Within 1 inch / 2+ inches

Hips: Knee distance + slight rounding of back determines score

## **What Your Results Mean**

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Use your scores to guide your focus.

### **If Scores Are LOW (Needs Work)**

Focus on mobility + foundational strength first.

### **If DEVELOPING**

Stay consistent and build strength.

### **If GOOD/EXCELLENT**

Progress intensity and challenge your body.