

STRONGER LIVING ASSESSMENT



FUNCTIONAL FITNESS FOR STRONGER LIVING

This Stronger Living Assessment is brought to you by Functional Fitness of DuPage, Inc.

After over a decade of data collection and working with people on living healthier lives, it has become clear that every person is unique and has individual circumstances. There are countless tips, strategies, and tricks that people have used to achieve fantastic results. Unfortunately, what works for some, does not work for all.

It is also clear that when we stay focused on the principles of fitness our health is improved and our goals are more easily reached. This holds true for people of all ages, abilities, and backgrounds.

This assessment identifies those principles as the 6 Pillars of Stronger Living and are placed into the equation $A + B + C$. Where A represents exercise, B represents rest and C represents recovery. The score received represents the ability of an individual to be stronger in all areas of life.

This assessment will provide insight on your current life patterns. Your strong and weak areas will also be identified. Often, the greatest gains come from objective analysis that help to maximize your health and wellness efforts so that you don't put all your eggs in the wrong basket.

Consider only the previous 2 weeks as you answer the following questions. Acknowledge that in any given time frame (season of life) it is normal and expected that your score will change. Lastly, this assessment is solely for your benefit so be as objective as possible.

For stronger living,
Tanner

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(1/6) CARDIO. How many days per week do you elevate your heart rate for a total of 30 minutes or more for your health? Choose only 1 of the first 3 choices and any of the last 3 that apply.

- 5-7 times per week = 5 pts.
- 3-4 times per week = 3 pts.
- 1-2 times per week = 1 pts.

- If you use different modes of exercise (walk, bike, elliptical, swim, etc.) add 2 pts.
- If you vary the intensity (talk test = low, moderately vigorous = medium, sprints/intervals = high) add 2 pts.
- If you include a warm-up and cool-down add 1 pt.

_____ Total points out of 10.

(2/6) WEIGHTS. How many times per week do you engage in functional exercise (strength, balance, and flexibility training)? Choose only 1 from the first 3 choices and any of the last 3 that apply.

- 3-7 times per week = 3 pts.
- 2 times per week = 2 pts.
- 1 time per week = 1 pt.

- If you use different modes of exercise (machines, free weights, bands, and balls) add 2 pts.
- If you vary the intensity (heavy, medium, light) add 2 pts.
- If you address the areas of strength, balance and flexibility add 2 pts.
- If you include near maximal effort add 1 pt.

_____ Total points out of 10.

(3/6) STRESS. What are your stress factors? Choose all that apply.

- If you feel like you manage your time well (i.e. you have enough time to get things done) add 2 pts.
- If you feel like you manage your finances well (i.e. you can pay your bills and stay within budget) add 2 pts.
- If your relationship with others and self are in good standing (i.e. you have purpose, value, coping skills) add 2 pts.
- If your weight or health is not a constant concern or problem, add 2 pts.
- If you feel you get adequate “you time” for rest and relaxation (vacations, reading for pleasure, listening to music, nature walks, etc.) add 2 pts.

_____ Total points out of 10.

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(4/6) SLEEP. How much sleep do you get per night? Choose only 1 from the first 3 choices and any of the last 3 that apply.

- If you get 7-9 hours = 7 pts.
- If you get 6-7 hours = 4 pts.
- If you get 4-6 hours = 0 pts.

- If your sleep is generally uninterrupted add 1 pt
- If you have a consistent bedtime add 1 pt.
- If you turn off electronics 1 hour before bed add 1 pt.

_____ Total points out of 10.

(5/6) WATER. How much water do you drink per day? Choose only 1 of the following choices.

- If you consume over 90oz (woman) or over 125oz (man) = 10 pts.
- If you consume 60-90oz = 8 pts.
- If you consume 40-60oz = 6 pts.
- If you consume 30-40oz = 3 pts.
- If you consume 0-30oz = 0 pts.

_____ Total points out of 10.

(6/6) DIET- Part 1: Macronutrients. Are you eating sufficiently? Choose all that apply.

- If the amount of carb's, proteins, and fats you consume have produced a healthy weight and energy level add 4 pts.
- If you consume healthy portion sizes (a serving of meat is the size of a deck of cards and a serving of vegetables is the size of your fist) add 2 pts.
- If you are a woman and consume over 50 grams of protein or a man and consume over 75 grams spread throughout the day add 1 pt.
- If you are a woman and consume over 25 grams of fiber or a man and consume over 30 grams add 1 pt.
- If you eat fish 2-3 times per week or consume a fish oil that contains 1000mg's of omega 3 add 1 pt.
- If you don't have or control for digestive issues (constipation, loose stools, bloating, etc.) add 1 pt.

_____ Total points out of 10.

(6/6) DIET- Part 2: Micronutrients. Are you eating efficiently? Choose only 1 from the first 3 choices and any of the last 3 that apply.

- If you consume 9-13 servings of vegetables and fruit = 5 pts.
- If you consume 5-9 servings of vegetables and fruit = 2 pts.
- If you consume 0-4 servings of vegetables and fruit = 0 pts.

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- If you eat seated, slowly and at regular times add 1 pt.
- If you consume a generic multivitamin or gummy add 0 pts.
- If you consume a pharmaceutical grade (GMP) multivitamin formulated at least to the RDA minimum recommendation to avoid nutritional deficiencies add 1 pt.
- If you consume a pharmaceutical grade (GMP) multivitamin formulated to higher than the RDA's minimum recommendation to supplement your healthy diet add 3 pts.

_____ Total points out of 10.

Add the total number of points (0-70) to get your Stronger Living Score.

*Knowing your score is the first step. Look below to see how you did.

0-20 pts = Average. You are in the company of many. Your weight and/or numbers at the doctor may or may not look good. You realize that by the book exercise, diet, and rest are a challenge when you're busy doing life. You are well positioned for small changes to make a big difference. You can do this!

21-30 pts = Fair. You're doing some things right. You're making an effort and it shows in your score. Identify your most limiting factor and put your efforts there to bump your health and total points to the next level.

31-40 pts = Good. This is not an easy level to achieve. You know your stuff and are applying that knowledge. When others make excuses, you are determined to find a way. Try to crowd out a few bad behaviors with better ones.

41-50 pts = Really Good. A wow is in order! Be encouraged and happy with your score. Your challenge is to retake this test and be as critical and objective as possible. Research shows that we under report the bad and over report the good.

51-60 pts = Excellent. Encouragement is not something you need. Remember to enjoy life as you continue to master the pillars of stronger living. You are at the top of the class!

61-70 pts = Olympian. You missed your calling. A career change to fitness coaching is warranted. We are hiring and can train you to coach others. Let's talk.

Thanks for being a part of the stronger living community! For additional information, tips on how to live even stronger, or to become a business partner, email us at info@fitdupage.com or call 630-390-8417.

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