

## Pre-program Testing

Perform the following pre-program evaluations and record your notes/answers to keep track of your starting point! Make sure to save this document because you will be testing yourself again at the end of the program.

### Physical Fitness

Evaluation	Directions	Reps/Time/Notes
<b>Max Pushups</b>	Perform as many pushups as you can with good form. Make a note of whether you perform them on your toes/knees or with your hands on a bench. Add any additional notes you have. <a href="#">Review proper form here &gt;&gt;</a>	
<b>Low Plank Hold</b>	Perform a low plank hold for as long as you can with good form. Make a note of whether you performed this on your toes/knees or with your elbows up on a bench. Add any additional notes you have. <a href="#">Review proper form here &gt;&gt;</a>	
<b>Wall Sit Hold</b>	Perform a wall sit hold for as long as you can with good form. Make a note of how long you held it. Add any additional notes you have. <a href="#">Review proper form here &gt;&gt;</a>	
<b>Timed Half-mile (Walk or Run)</b>	Complete a half-mile walk or run. Time yourself to see how long it takes you to complete. You can do this on a treadmill or outdoors. If you're on a track, a half-mile is 2 full laps. In addition to noting your time, take note of your level of fatigue (rating it from 1 to 10) immediately after.	

## Nutrition

Question	Record Your Answer
On a scale of 1 to 10, how would you rate your current nutrition quality, and why?	
Do you drink enough water each day? How much? If not, what other beverages do you drink throughout the day?	
Do you consume 3 servings of vegetables and 2 servings of fruits most days?	
What can you do to improve your nutrition?	

## Mindset

Question	Record Your Answer
How confident do you feel on a scale of 1 to 10?	
Do you tend to talk to yourself more positively or negatively when you face challenges/obstacles?	
How do you think you can improve your mindset?	
Do you take time daily or weekly to express gratitude silently to yourself or to those around you?	