

## End-of-Program Testing

Perform the following testing evaluation, which you performed at the beginning of the challenge, again! Record your notes and answers. Then, compare your answers to your initial pre-program testing. Reflect on where you started and where you are now. Celebrate your successes — big or small!

### Physical Fitness

Evaluation	Directions	Reps/Time/Notes
<b>Max Push-ups</b>	Perform as many push-ups 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 sure to perform this hold the same way you did during your pre-program testing (on your knees/toes 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 hold 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, but make sure it's the same method you used during your pre-program testing. 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?	
Throughout the program, have you improved your nutrition?	

## Mindset

Question	Record Your Answer
How confident do you feel on a scale of 1 to 10? Throughout the program, has your confidence improved?	
Do you tend to talk to yourself more positively or negatively when you face challenges/obstacles? Has this changed throughout the program?	
How do you think you can improve your mindset even further?	
Do you take time daily or weekly to express gratitude silently to yourself or to those around you?	