

THE ASSESSMENT & RETEST SHEETS

Chapter 2 is your baseline. Chapter 13 is the same battery twelve weeks later. Record both here so the comparison sits on one page instead of in your memory.

BASELINE — Chapter 2

DOMAIN	ANCHOR TEST	RESULT	BENCHMARK / RAW
Strength	Push-ups (or chair-stand entry)		
Power	Broad jump, best of three		
Engine	Rockport walk, estimated VO2max		
Carry / Grip	Grip dynamometer		
Mobility	Chair sit-and-reach		

Secondary measure — tracked, not tiered

Loaded carry	Sixty feet — load and form		
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Date tested: _____

RETEST — Chapter 13, Week 12

DOMAIN	WEEK 12 RESULT	CHANGE	BENCHMARK CHANGE (IF ANY)
Strength			
Power			
Engine			
Carry / Grip			
Mobility			

Date retested: _____