

THE BASELINE & RETEST SHEETS

Sheet 1 — Your Baseline (Chapter 3)

Fill this in before you choose a priority. Retest it, using the identical method, every twelve weeks.

DOMAIN	TEST	RESULT	NOTES
Strength/muscular-capacity marker	Max push-ups (or 5-rep sit-to-stand)	reps / seconds	
Power	Standing broad jump	inches	
Aerobic capacity	1-mile walk (or 6-min walk)	min, bpm	
Grip	Hand dynamometer, both hands (kg or lb)	Dom: Non-dom:	Optional population context: Wang 2018 reference equations
Mobility	Sit-and-reach or overhead reach	inches	
Current weekly training	Days / hours / formats already in use	days, hrs	

Date tested: _____

Sheet 8 — Week 12 Retest (Chapter 11)

Run every test from Sheet 1 again, under the same conditions.

DOMAIN	TEST	BASELINE (SHEET 1)	WEEK 12 RESULT	CHANGE
Strength/muscular-capacity marker				
Power				
Aerobic capacity				
Grip				
Mobility				

Date retested: _____

If you ran a priority block: ☐ Priority improved, maintenance held ☐ Both improved ☐ Priority improved, maintenance slipped ☐ Priority didn't improve ☐ Messy

If you ran a balanced block: ☐ Both improved ☐ One improved / one held ☐ One or both slipped ☐ Messy

Name what actually moved and what didn't rather than forcing a clean verdict.