

# Senior Fitness Functional Assessment

## Personal Information

Full Name

Date of Birth

Age

Assessment Date

## Medical & Health History

Relevant Medical Conditions

Medications

Assistive Devices Used

## Functional Assessment

Test	Result	Notes
Chair Stand Test (30 sec.)		
Arm Curl Test (30 sec.)		
2-Minute Step Test		
Chair Sit-and-Reach		
Back Scratch Test		
8-Foot Up-and-Go		
Balance Test		

## Summary & Recommendations

Observations

Recommendations