



Chair stand:  (# of STANDS in **30 seconds**)

Unable to do one chair stand, even with assistance

Arm curl:  (# of REPS in **30 seconds**)

5 lb (Female)  Right arm  
 8 lb (Male)  Left arm

Unable to lift required weight

8-foot Up-and-go:  (# of SECONDS to complete **one circuit**. Round to the nearest whole second.)

Used walker, cane or other assistive device

### Optional Fitness Checks

2-minute step test:  (# of STEPS, counting just ONE LEG, in **2 minutes**)

6-minute walk:  (# of YARDS walked in **6 minutes**)

One-leg stand:  (# of SECONDS)

### Important Confidentiality Notice

MI *EnhanceFitness* partner agencies and Project Enhance/Sound Generations (Seattle, WA), developer of the *EnhanceFitness* program, would like to know how this program can improve people's health. The information on this form is sent to Project Enhance by the MI Department of Health and Human Services. Project Enhance may share fitness check results and demographic information (like race and gender) with researchers who help them to evaluate the program's effectiveness. Your information is kept private (as provided by law). Each person is assigned a code number, and responses from all people are combined to measure progress for all groups. No personal information is released or printed. Sharing your information is your choice. If you choose not to, you can still take the class and have the instructor test your progress through fitness checks. Please see the 'MI *EnhanceFitness* Privacy Notice' for further information. If you are willing to have your fitness check results used for program evaluation, mark "Yes" below.

***I am willing to have my fitness check results used for program evaluation.***  Yes  No

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*