



Pre & Post Activity Tracker

Participant Name _____

Gender Male Female

Age Group < 18 y 18-34 y 35-49 y
 50-64 y 65-79 y 80+ y

Instructions: Using a timer set to **one (1) minute**, have the participant perform each activity as many times as possible. Count their reps and record it in the chart. Remember to positively encourage every achievement, big or small!

	Pre-Test (Day 1)	Post-Test (Day 8)	Change
# pushups			
# sit-ups			
# jumping jacks			
# burpees			
# squats			
# lunges			
Hold a plank (seconds)			

Steps Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____
 Day 5 _____ Day 6 _____ Day 7 _____ Day 8 _____

Share about your groups' accomplishments on the online reporting form on our website: NADhealth.org/healthyYOU.

