

10 Minute Fitness Assessment

Note: Please be sure to follow the warm-up and stretches as described in the leader's manual before having participants complete the fitness assessment. The following directions can also be found in your leader manual for Sessions 6, 11 and 17. Please try to complete this assessment during weeks 2, 4 and 6. If you were unable to complete the assessment due to weather, sickness or any other reason, then please explain why at the bottom of the page.

Leaders, please PARAPHRASE the following:

Now we're ready to walk and do the 10 minute fitness assessment. Remember that it isn't a race, but it's important that you try not to stop at any time during the test. If you are getting tired, slow down as much as you need to, even down to a very slow walk, but keep walking until ten minutes are up. If you need to stop, that's fine –you'll now have a better idea of what is doable for you.

We'll record the number of laps you do, so please keep track of how many you complete. At the end of our walking time, if you didn't do a complete lap, make a guess as to whether you walked $\frac{3}{4}$ lap, $\frac{1}{2}$ lap, or $\frac{1}{4}$ lap. After the fitness test is over please let me know the number of laps you completed, then you may resume your walking as normal.

At the end of the time you've chosen to walk, you need to take a few minutes to cool down. In a cool-down, you slow your pace at the end of your walk to a stroll until your heart rate has returned to your pre-walk level. The cool-down should take about 3 to 5 minutes.

Leader's note: Start the fitness level measurement activity. At the end of the 10 minutes, ask each participant to tell you the number of laps they walked. Encourage participants to keep track of their fitness level results in their workbooks and diaries. Please complete this form, recording distance for each participant, to use for comparison when you repeat the fitness assessment during Sessions 11 and 17.

**Please fill out the questions below.*

Were you able to complete the fitness assessments?

1st Assessment Yes No If not, please briefly explain why: _____

2nd Assessment Yes No If not, please briefly explain why: _____

3rd Assessment Yes No If not, please briefly explain why: _____