Employee Name: ____________________________    Last 4 SSN:_________

Grip Strength: Repeat testing of both hands alternatively until three evaluations per hand are completed. Client is _______ hand dominant. Record to nearest kilogram.

Right Hand: Trial 1: _______  Left Hand: Trial 1: _______
Trial 2: _______  Trial 2: _______
Trial 3: _______  Trial 3: _______

Highest Right: _____ kg  Highest Left: ______ kg

Push-up Evaluation The test is complete when:
- A maximum of 80 push-ups have been performed, or 2 minutes has elapsed,
- Three consecutive incorrect push-ups are performed, or
- Subject fails to perform push-ups in continuous motion.

Push-ups: _______ (at 1 minute)
Push-ups: _______ (at test end)

Upper body strength and endurance while maintaining proper spinal alignment is a requirement of numerous job tasks, and deficiencies may limit the ability to perform these tasks safely. Inability to maintain correct spinal alignment indicates poor core strength and endurance and possible susceptibility to back injuries.

Core Strength Evaluation: This may be assessed by either Curl-ups or Plank testing. Participant may elect to do both tests.

Curl-Ups: The test is complete when:
- A maximum of 105 curl-ups have been performed, or 3 minutes has elapsed.
- Three consecutive incorrect curl-ups are performed, or
- Subject fails to perform curl-ups in continuous motion.

Many job tasks require lifting, holding, and controlling heavy objects for extended periods. Inadequate grip strength may limit the ability to perform these tasks safely and increases the risk of injuries and accidents.

<table>
<thead>
<tr>
<th></th>
<th>Poor</th>
<th>Marginal</th>
<th>Average</th>
<th>Good</th>
<th>Excellent</th>
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<tr>
<td>Right</td>
<td>&lt;45</td>
<td>45-49</td>
<td>50-55</td>
<td>56-60</td>
<td>&gt;60</td>
</tr>
<tr>
<td>Left</td>
<td>&lt;43</td>
<td>43-47</td>
<td>48-53</td>
<td>54-58</td>
<td>&gt;58</td>
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<table>
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<th></th>
<th>Poor</th>
<th>Marginal</th>
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<th>Excellent</th>
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<tr>
<td></td>
<td>&lt;20</td>
<td>20-28</td>
<td>29-36</td>
<td>37-45</td>
<td>&gt;45</td>
</tr>
</tbody>
</table>

Revised 3/25/16
Curl-ups: _______ (at 1 minute)   Curl-ups: _______ (at test end)

<table>
<thead>
<tr>
<th>Poor</th>
<th>Marginal</th>
<th>Average</th>
<th>Good</th>
<th>Excellent</th>
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</thead>
<tbody>
<tr>
<td>&lt;22</td>
<td>22-29</td>
<td>30-40</td>
<td>41-50</td>
<td>&gt;50</td>
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</tbody>
</table>

Prone Static Plank: The test is complete when subject:

a. Reaches 2 minutes, or
b. Is unable to maintain proper form after the 2nd warning

Plank Time _________ (seconds)

Sit and Reach Flexibility Evaluation: Round distance to nearest 1/4 inch.

<table>
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<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td>&lt;10.0</td>
<td>10-12</td>
<td>13-14</td>
<td>15-16</td>
<td>&gt;16</td>
</tr>
</tbody>
</table>

Furthest Distance: _____ in.

Inadequate trunk flexion may limit the ability to perform many job tasks safely and may indicate a susceptibility to lower back and hamstring injuries.

To Clinic Staff: Give reason for early termination and/or non-participation in any test:______________

Name of Clinic Staff Member: _____________________________
(Printed Name)

____________________________
(Signature)

To Wellness Participant: I have received a copy of this report:_____________________________

Signature