SENIOR FITNESS TEST

Functional fitness assessment sheet for older adults

This sheet records fitness tests. It does not diagnose any condition or replace a medical evaluation.

CLIENT INFORMATION

Full name: _____ **Date:** _____

Age: _____ **Sex: Female / Male**

Trainer: _____ **Uses a cane or walker: Yes / No**

Physician or physical therapist and phone: _____

BEFORE TESTING

Has your doctor advised you not to exercise?	☐ Yes	☐ No
Do you get chest pain, dizziness or shortness of breath out of proportion to the effort when you exert yourself?	☐ Yes	☐ No
Do you have high blood pressure that is not under control?	☐ Yes	☐ No
Have you had recent surgery, a fracture or an injury that limits your movement?	☐ Yes	☐ No

If any answer is yes, do not run the tests: get clearance from the client's physician first.

FALLS

The three questions from the Spanish Ministry of Health consensus (2026).

Have you fallen in the past 12 months?	☐ Yes	☐ No
Do you feel unsteady when you stand or walk?	☐ Yes	☐ No
Has worry about falling made you cut back on your usual activities?	☐ Yes	☐ No

If the client has fallen, check what happened:

- ☐ An injury serious enough to need medical care
- ☐ 2 or more falls in the past year
- ☐ Stayed on the floor, unable to get up, for 1 hour or more
- ☐ Lost consciousness, or the fall may have been a fainting spell (syncope)

FRAILTY SCREENING (FRAIL SCALE)

Each answer that scores adds 1 point. **FRAIL total (0-5):** _____

Fatigue	In the past 4 weeks, how much of the time have you felt tired or worn out?	Scores: all or most of the time	☐
Resistance	Do you have trouble climbing a flight of 10 steps without resting and without help?	Scores: yes	☐
Ambulation	Do you have trouble walking 100 m (about 110 yd) or more on your own, without help?	Scores: yes	☐
Illnesses	Has a doctor ever told you that you have any of these? High blood pressure, diabetes, cancer (other than a minor skin cancer), chronic lung disease, heart attack or coronary heart disease, heart failure, angina, asthma, arthritis, stroke, kidney disease.	Scores: 5 or more	☐
Weight loss	Have you lost more than 5 kg (11 lb) in the past year? If there is an earlier record of your weight: have you lost 5% or more?	Scores: yes	☐

4-METER GAIT SPEED

The client walks 4 meters at their usual pace, in their everyday shoes and with their cane or walker if they use one. Two trials; record the faster time.

Trial 1 (s): **Trial 2 (s):** **Speed = 4 / best time (m/s):**

WHEN TO REFER

The Spanish Ministry of Health consensus (2026) treats a FRAIL score of 1 or more, or a gait speed below 0.8 m/s, as a high probability of frailty, and any yes to the three fall questions as a fall risk. If any of these results appears, refer the client to their physician or physical therapist before you program their training.

- ☐ Any yes to the fall questions
- ☐ FRAIL score of 1 or more
- ☐ Gait speed below 0.8 m/s
- ☐ Referred to:

THE 6 SENIOR FITNESS TEST ITEMS

Do the 6-Minute Walk or the 2-Minute Step, not both. Record each result and retest every 3 months to track progress.

Test	Unit	Baseline	Retest	Retest
Date				
1. 30-Second Chair Stand Lower-body strength. Armless chair with a 17 in (43 cm) seat, against a wall; arms crossed over the chest. Number of full stands in 30 s.	reps			
2. 30-Second Arm Curl Upper-body strength. Seated, with a 5 lb (2.3 kg) dumbbell (women) or 8 lb (3.6 kg) dumbbell (men) in the dominant hand. Full elbow curls in 30 s.	reps			
3. 6-Minute Walk Aerobic endurance. Yards walked in 6 minutes around a measured course, without running.	yd			
4. 2-Minute Step Aerobic endurance (alternative). Number of times the right knee reaches a height halfway between the kneecap and the hip in 2 minutes.	steps			
5. Chair Sit-and-Reach Lower-body flexibility. Seated on the front edge of the chair, one leg straight. Distance from the fingertips to the toes: negative if they fall short. Two trials; record the best.	in			
6. Back Scratch Upper-body flexibility. One hand reaches over the shoulder and the other up the middle of the back. Distance between the middle fingers: negative if they do not touch. Two trials; record the best.	in			
7. 8-Foot Up-and-Go Agility and dynamic balance. From a seated position, walk as fast as possible without running to a cone 8 ft (2.44 m) away, go around it and sit back down. Two trials; record the best.	s			

Stop the test if chest pain, dizziness, unusual shortness of breath, nausea or joint pain appears, and refer the client to their physician.

NORMAL RANGES (RIKLI AND JONES)

The normal range is the middle 50% of people of the same age and sex: above it, better than average; below it, a capacity worth training, not a diagnosis. On the 8-Foot Up-and-Go, fewer seconds is better. The values come from more than 7,000 adults aged 60 to 94 living independently in the US. They are shown in inches and yards, as published.

WOMEN · Age	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Chair stand (reps)	12-17	11-16	10-15	10-15	9-14	8-13	4-11
Arm curl (reps)	13-19	12-18	12-17	11-17	10-16	10-15	8-13
6-min walk (yd)	545-660	500-635	480-615	430-585	385-540	340-510	275-440
2-min step (steps)	75-107	73-107	68-101	68-100	60-91	55-85	44-72
Sit-and-reach (in)	-0.5 / +5.0	-0.5 / +4.5	-1.0 / +4.0	-1.5 / +3.5	-2.0 / +3.0	-2.5 / +2.5	-4.5 / +1.0
Back scratch (in)	-3.0 / +1.5	-3.5 / +1.5	-4.0 / +1.0	-5.0 / +0.5	-5.5 / 0.0	-7.0 / -1.0	-8.0 / -1.0
8-ft up-and-go (s)	4.4-6.0	4.8-6.4	4.9-7.1	5.2-7.4	5.7-8.7	6.2-9.6	7.3-11.5

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Chair stand (reps)	14-19	12-18	12-17	11-17	10-15	8-14	7-12
Arm curl (reps)	16-22	15-21	14-21	13-19	13-19	11-17	10-14
6-min walk (yd)	610-735	560-700	545-680	470-640	445-605	380-570	305-500
2-min step (steps)	87-115	86-116	80-110	73-109	71-103	59-91	52-86
Sit-and-reach (in)	-2.5 / +4.0	-3.0 / +3.0	-3.5 / +2.5	-4.0 / +2.0	-5.5 / +1.5	-5.5 / +0.5	-6.5 / -0.5
Back scratch (in)	-6.5 / 0.0	-7.5 / -1.0	-8.0 / -1.0	-9.0 / -2.0	-9.5 / -2.0	-10.0 / -3.0	-10.5 / -4.0
8-ft up-and-go (s)	3.8-5.6	4.3-5.7	4.2-6.0	4.6-7.2	5.2-7.6	5.3-8.9	6.2-10.0

Trainer notes:

Sources

Jones CJ, Rikli RE. Measuring functional fitness of older adults. The Journal on Active Aging. 2002; March-April: 24-30.

Rikli RE, Jones CJ. Functional fitness normative scores for community-residing older adults, ages 60-94. Journal of Aging and Physical Activity. 1999; 7(2): 162-181.

Spanish Ministry of Health (Ministerio de Sanidad). Actualización del Documento de Consenso sobre prevención de la fragilidad y caídas en la persona mayor [Update of the consensus document on preventing frailty and falls in older adults]. 2026.