



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 6
How to Complete Your
DIY Fitness Assessment



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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



| HOW TO COMPLETE YOUR DIY FITNESS ASSESSMENT

The DIY Fitness Assessment is designed to help you evaluate your current fitness level so you can determine the best exercises for you to start with.

You have a 4-part video series that shows you how to assess your fitness in four key areas: flexibility, core function, balance and range of motion.

Use the checklist below to help you keep track of which assessments you've completed. You'll also want to print the downloadable "DIY Fitness Assessment Tracker" to track how you do with each assessment.

Here's your success checklist:

- Stretch Test
- Core Activation Tests
- Balance Test
- Range of Motion Tests