



ASSESSMENT MANUAL

Begin and finish your 50-day journey by filling out the assessment questions and information. Complete these questions on day 1 and day 50.

FINAL (DAY 50)

You evaluated, again.

Now that you have completed your 50-day journey, I want you to do a little self- evaluation to rate: your current level of fitness, satisfaction with your level of health and stress, body weight, strength, balance, and resilience. Reflect on the progress you made and where you would like to continue to work.

Please rate yourself in the following categories:

1 to 5 (1= bad; 2= fair; 3= average; 4= good; 5= excellent)

Body Composition? (1= flabby, 5= lean)	1	2	3	4	5
Bodyweight? (1= very overweight, 5= right where you want to be)	1	2	3	4	5
Motivation to get and stay fit? (1=none, 5= a lot!)	1	2	3	4	5
Daily Nutrition? (1= not healthy at all, 5=all the time)	1	2	3	4	5
Overall healthy lifestyle? (1= not at all, 5= very healthy)	1	2	3	4	5
Pain in joints and back? (1= lots of pain, debilitating, 5= all good)	1	2	3	4	5
Stress Level? (1= lots of stress, 5= all good)	1	2	3	4	5
Anger Index? (1= easily get worked up, 5= don't sweat small stuff)	1	2	3	4	5
Sleep (1= don't get enough/ difficult to sleep, 5= well rested/ sleep well)	1	2	3	4	5
Performance on Fire/ Rescue ground (1= not good, 5= Fire Rescue Fit)	1	2	3	4	5

Add the total of all numbers; take this evaluation once before you start the program, and once at the end. You will see a difference in your scores.

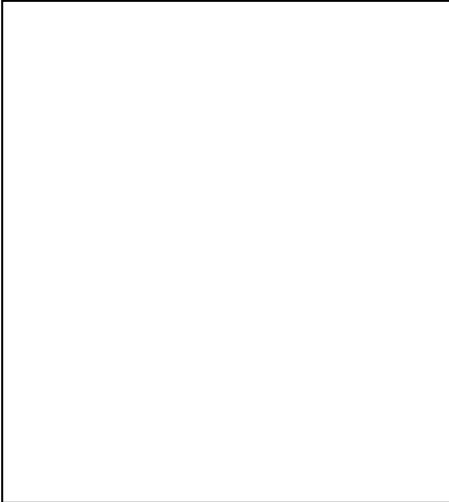
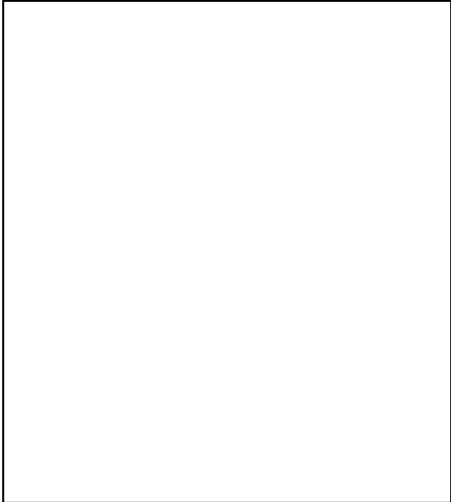
Day 1/ Beginning Score: _____

Day 50/ End Score: _____

Additional Notes:

"Before" And "After" Measurements & Photo Tips

Over the next 50 days, you will see some changes (especially if you are following FRF workouts). The habits that make you more resilient (eating healthy, exercising, sleeping, etc.) will also help you get leaner, stronger, and moving better. I always encourage "before and after" measurements and even photos. When you are seeing yourself every day, sometimes it is hard to identify these positive changes. Record your measurement data in the spaces provided below and take a "before" picture with your cell phone to help keep you motivated. You can also store your photos and measurements in the FRF app.

	<u>Before</u>	<u>After</u>
Pictures		
Body Composition (percentage)		
<u>Click here to find out how to take your body composition</u>		
Weight		
Chest		
Hips		
Waist (belly button)		
Right Arm <small>(Flexed, measured at peak of bicep)</small>		
Left Arm <small>(Flexed, measured at peak of bicep)</small>		
Right Thigh <small>(Measured at mid-point of thigh)</small>		
Left Thigh <small>(Measured at mid-point of thigh)</small>		
Additional Measurement <small>(This might be size pants or shirt, cholesterol, etc.)</small>		

Take your measurements on day 1 and 50 to compare...



R50 Results Entry Form

(Fill this out and email to Zam@firerescuefitness.com upon completing your 50-day Challenge)

Name:	<u>List Habits You Followed</u> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____
Email address:	
Address (where to send your coin):	
Date started/ completed:	
List Notable improvements made during the R50 (lost bodyfat, improved sleep, more energy, etc.): 	
Photos	
<i>Before</i>	<i>After</i>
How did the R50 help make you a more resilient person? 	
How can the R50 Challenge be improved? 	