

Senior fitness test score sheet

Six simple tests of strength, endurance and balance for adults 60 and older. Do them in this order, resting between tests, and write your results in the spaces. Each test's page has full instructions, safety tips and a calculator.

Name _____ Date _____ Age _____ Gender ☐ Female ☐ Male

1. Grip strength test

You need: a hand dynamometer (grip meter). Sit with your elbow bent at a right angle and squeeze as hard as you can for 3 seconds. Do 3 tries with each hand and keep your best.

Left hand (kg) _____ Right hand (kg) _____ Best (kg) _____

Grip strength, kg: middle half (25th–75th percentile) and median

Age	Women	Men
60	22–31 (median 27)	39–51 (median 45)
65	21–29 (median 25)	37–48 (median 43)
70	20–27 (median 24)	34–44 (median 39)
75	18–25 (median 21)	31–41 (median 35)
80	16–23 (median 19)	27–37 (median 32)
85	14–20 (median 17)	24–33 (median 29)
90	11–17 (median 14)	20–29 (median 25)

Low strength at any age: under 16 kg for women, under 27 kg for men. Pounds $\times$ 0.4536 = kilograms.

2. 4-stage balance test

You need: a timer and a helper. Hold each position for 10 seconds without moving your feet or holding on, with a helper beside you. Stop at the first one you can't hold.



1. Feet side by side

☐ Held 10 s



2. Instep to big toe

☐ Held 10 s



3. Heel to toe
(tandem stand)

☐ Held 10 s



4. One foot

☐ Held 10 s

Can't hold position 3 (heel to toe) for 10 seconds: the CDC considers this a sign of increased fall risk.

3. Single-leg balance test

You need: a timer and a counter to stand beside. Stand beside a counter, eyes open, and lift one foot. Time how long you can hold it, up to 30 seconds. Try each leg up to 3 times.

Left leg (s) _____ Right leg (s) _____ Best (s) _____

Seconds on one leg, eyes open

Age	Average	Below normal
60–69	about 27	under 20.4
70–79	about 17.2	under 11.6
80–99	about 8.5	under 5

4. 30-second chair stand test

You need: a sturdy chair without arms and a timer. Sit in a chair without arms (seat about 17 inches high) with your arms crossed. Count how many times you stand all the way up in 30 seconds.

Full stands _____

Full stands in 30 seconds. Below the range is below average.

Age	Women: normal range	Men: normal range
60–64	12–17	14–19
65–69	11–16	12–18
70–74	10–15	12–17
75–79	10–15	11–17
80–84	9–14	10–15
85–89	8–13	8–14
90–94	4–11	7–12

5. Timed Up and Go test

You need: a chair with arms, a tape measure, a timer and a helper. From a chair with arms, on “Go”: stand up, walk 10 feet at your normal pace, turn, walk back and sit down. Use your cane or walker if you normally do.

Time (s) _____

Seconds to stand, walk 10 feet, turn and sit

Age	Average	Slower than average
60–69	about 8.1	over 9
70–79	about 9.2	over 10.2
80–99	about 11.3	over 12.7

12 seconds or more at any age: the CDC’s sign of fall risk.

6. 2-minute step test

You need: a timer and a piece of tape. Mark a spot on the wall halfway between your kneecap and hip. March in place for 2 minutes, counting each time your right knee reaches the mark.

Right-knee steps _____

Steps in 2 minutes. Below the range is below average.

Age	Women: normal range	Men: normal range
60–64	75–107	87–115
65–69	73–107	86–116
70–74	68–101	80–110
75–79	68–100	73–109
80–84	60–91	71–103
85–89	55–85	59–91
90–94	44–72	52–86

Retest every four to eight weeks, at the same time of day and with the same chair, so your results are easy to compare. Stop any test if you feel pain, dizziness or short of breath.

These tests are for education and self-tracking, not a medical diagnosis. Instructions, calculators and sources:
togetherwon.com/tools