|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Form**:  Back is arched and bar does not touch the chest  **1** | Slight back arch and poor bar placement  **2** | Back is relatively flat and bar is well controlled  **3** | Flat back and bar is under control  **4** | Perfect, under control form every rep  **5** |
| **Stability:**  Arms are shaking vigorously  **1** | Wobbly arms after a few reps  **2** | Arms feel like they give out before chest  **3** | Arms are strong until last reps  **4** | No problems with arms feeling weak  **5** |
| **Energy Level:**  Feeling unable to continue exercising  **1** | Feeling drained for 10 minutes after activity  **2** | Feel like can continue exercise after a breather  **3** | Feel good to go after a water break  **4** | Ready to go straight into next workout  **5** |
| **Spotter:**  Need full assistance racking weight  **1** | Spotter helps save the last rep  **2** | Spotter provides visual cue and fingertip help  **3** | Simple fingertip help, no lift from rack  **4** | No help from spotter needed except on failure  **5** |
| **Compliance:**  Did not adhere to workout plan at all  **1** | Occasionally completed workouts  **2** | Did best to adhere to weekly routine  **3** | Only missed one or two days in entire program  **4** | Did not miss a single day of exercise on program  **5** |
| **Excitement**:  Not happy with performance at all  **1** | Disappointed with how you performed  **2** | Felt content with the improvements made  **3** | Was surprised with how well you performed  **4** | Exceeded all expectations and very happy  **5** |
| **Total** | - | - | - |  |

Final Test Scoring: <10: Poor candidate for program. 10-15: No real benefit from program but still helped improve strength. 15-20: Not discouraged from program, did not see astounding results. 20-25: Serious strength and moral gains from this program. 25-30: Significant improvement in all aspects of exercise, definite improvement due to program.