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| --- | --- | --- | --- | --- |
| **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.