OptiHealth Med-Fit Assessment Tables

Exercise History					
Sessions/Wk	<1	1-2	2-3	3-4	4+
Minutes / Week	< 30	30-60	60-90	90-120	>120
Est. Fitness	F	D	C	B	A

Exercise Test					
110 Yards	1:00	0:45	0:40	0:35	0:30
30 Squats	2:00	1:50	1:30	1:10	0:50
20 Sit-Ups	2:00	1:50	1:30	1:10	0:50
10 Push-Ups[1]	1:00	0:50	0:40	0:30	0:20
110 Yards	1:00	0:45	0:40	0:35	0:30
TT / Round[2]	**7:00**	**6:00**	**5:00**	**4:00**	**3:00**
Rounds	1	1	2	3	4
Total TT[2]	**7:00**	**6:00**	**10:00**	**12:00**	**12:00**
Range	+/- 0:30	+/- 0:20	+/- 0:15	+/- 0:10	+/- 0:05
SCORE	**F**	**D**	**C**	**B**	**A**
Max RPE	6	6	7	8	9

1) Females = Knee Push-Ups, Males = Toe Push-Ups

2) Adjust the Target Time (TT) for Age by +1 second per Year per Round if <18 or > 40 years old.

Exercise Rx					
Exercise Rx	**1x2x6**	**1x3x6**	**2x2x6**	**3x2x6**	**4x2x6**
Doses/Week	12	18	24	36	48
Minutes/Week	**84**	**108**	**120**	**144**	**144**
Advance	<6:00	<5:00	<8:00	<9:00	<11:00

1 Dose = 110 Yards + 30 Squats + 20 Sit-ups + 10 Push-Ups[1] + 110 Yards						
Score	# Doses/Set	Sets/Day	Days/Week	Min/Round	Doses/Week	Min/Week
F	1	2	6	7:00	12	84
D	1	3	6	6:00	18	108
C	2	2	6	5:00	24	120
B	3	2	6	4:00	36	144
A	4	2	6	3:00	48	144

Med-Fit Score	**F**	**D**	**C**	**B**	**A**	**A+**
# of Weeks to F/u Assessment	**4**	**4**	**8**	**8**	**12**	**12**