



5 MINUTE STRENGTH CHALLENGE

TEST YOUR
STRENGTH, BALANCE, AND RESILIENCE
IN JUST A FEW MINUTES

**COASTAL
CONCIERGE**



**PHYSICAL
THERAPY**

SIT TO STAND

Sit in a chair and stand up without using your hands.

SCORE YOURSELF:

Reps	Points
10+	3
5 - 9	2
1 - 4	1
Need hands for support	0

SCORE: _____

SINGLE LEG BALANCE

Stand on one leg without
holding on.

SCORE YOURSELF:

Seconds	Points
30+	3
15 - 20	2
5 - 14	1
< 5	0

Test both legs; use your best score.

SCORE: _____

PUSH UP

Choose the hardest variation you can perform with good form.

SCORE YOURSELF:

FULL PUSH-UP	Points
10	3
5+	2
3+	1
1+	0

KNEES PUSH-UP	Points
15	3
8+	2
5+	1
3+	0

WALL PUSH-UP	Points
25	3
15+	2
10+	1
5+	0

SCORE: _____

GRIP STRENGTH

Hold a heavy weight (10-20 lbs) or bag of groceries in one hand (the hand you use to write).

SCORE YOURSELF:

Seconds	Points
30+	3
20 - 30	2
10 - 19	1
< 10	0

SCORE: _____

TOTAL SCORE:

TOTAL OF YOUR PREVIOUS
SCORES = _____

0–5:

Strength foundation needs work

6–10:

Building strength, room to improve

11–15:

Strong and resilient

WHAT YOUR SCORE MEANS:

Strength is one of the most powerful predictors of long-term health, mobility, and independence.

if you scored below 11–15, adding focused strength training may help improve function and resilience.

NEXT STEPS:

Your results are a starting point—not a limitation. The right plan can improve strength, balance, and confidence at any level.

**EMAIL YOUR SCORE TO
LAUREN@COASTALCONCIERGEETHERAPY.COM**

You'll receive a quick breakdown of what your score means, and next steps if you'd like a personalized training plan

**COASTAL
CONCIERGE**



**PHYSICAL
THERAPY**

Strength

Accountability

Resilience