



ACG FITNESS HEALTHSPAN SCORECARD

Measure your longevity benchmarks, identify your strengths, and find your next area of improvement.

Name: _____	Date: _____
Age: _____	Next Assessment: _____

How scoring works: Each longevity benchmark is worth up to 10 points. Add your score from all 10 categories to calculate your ACG Fitness Healthspan Score out of 100.

Rating	Points	What it means
Excellent	10	Strong benchmark. Keep building on it.
Good	7	Solid foundation with room to improve.
Average	5	Useful starting point. Focus on progress.
Needs Improvement	2	Area to prioritize over the next 90 days.

Important: This scorecard is for education and personal tracking only. It is not medical advice and does not diagnose, treat, or predict disease. Speak with a qualified healthcare professional about medical concerns.



Your Healthspan Score

Record your result for each benchmark, assign the correct points, then add your total at the bottom.

Category	Benchmark	Your Result	Points
Cardiovascular	Resting Heart Rate	_____	____ / 10
Cardiovascular	Recovery Heart Rate	_____	____ / 10
Cardiovascular	VO2 Max	_____	____ / 10
Mobility	Walking Speed	_____	____ / 10
Strength	Grip Strength / Dead Hang	_____	____ / 10
Function	Sit-to-Stand Test	_____	____ / 10
Balance	Single-Leg Balance	_____	____ / 10
Strength	Push-Up Capacity	_____	____ / 10
Lifestyle	Weekly Activity Minutes	_____	____ / 10
Recovery	Sleep Duration & Quality	_____	____ / 10

TOTAL HEALTHSPAN SCORE _____ / 100

Score interpretation:

90-100	75-89	60-74	Below 60
Excellent Strong foundation for healthy aging.	Good Doing many things right. Improve weak spots.	Fair Solid start with several opportunities.	Needs Attention Focus on movement, strength, sleep, and cardio.

Reassess every 90 days. The goal is not perfection. The goal is progress.



Benchmark Scoring Guide

Use this guide to assign your points for each category. Choose the rating that best matches your result.

Benchmark	Excellent (10)	Good (7)	Average (5)	Needs Improvement (2)
Resting Heart Rate	50-60 BPM	60-70 BPM	70-80 BPM	80+ BPM
Recovery Heart Rate	25+ BPM drop	18-24 BPM drop	12-17 BPM drop	Less than 12 BPM drop
VO2 Max	Top 25% for age/gender	Above average for age/gender	Average for age/gender	Below average for age/gender
Walking Speed	Under 15 min/mile	15-20 min/mile	20-24 min/mile	Over 24 min/mile
Grip Strength	60+ sec dead hang	30-59 sec dead hang	15-29 sec dead hang	Less than 15 sec
Sit-to-Stand	No assistance	Use one hand	Use both hands	Significant assistance
Single-Leg Balance	30+ sec	20-29 sec	10-19 sec	Less than 10 sec
Push-Ups	Men: 40+ / Women: 30+	Men: 25-39 / Women: 20-29	Men: 10-24 / Women: 5-19	Men: <10 / Women: <5
Weekly Activity	300+ min/week	150-299 min/week	75-149 min/week	Less than 75 min/week
Sleep	7-9 hrs consistently	6-7 hrs consistently	5-6 hrs consistently	Less than 5 hrs regularly

Action Plan

My strongest benchmark:	_____
My weakest benchmark:	_____
One thing I will improve this month:	_____
Date of next assessment:	_____

Action Creates Greatness. A fitness score does not change your life by itself. The actions you take after seeing the score are what matter most.