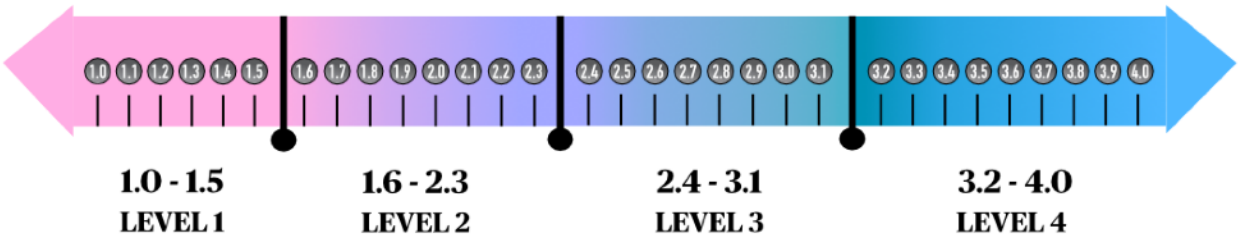
Agile 4 Life Fitness

FMC Assessment Data Tracking

Domain 1 - Daily Mobility (8)	Domain 2 - Hhd Strength & Endurance (8)	Domain 3 - Balance & Stability (11)	Domain 4 - Flexibility & Reach (8)	Domain 5 - Lift/ Carry/Push/ Brace (11)	Date *FMC Completed*	Age *at the Time*

Optional Notes: (*Add information about any significant event - illness or injury, recent surgery, or any other changes in activity.*)



Level 1 - Fully Independent with High Functional Capacity
Daily movement feels steady, capable, and confident.

Level 2 - Independent with Emerging Functional Gaps
You remain fully independent, but some activities now require more effort or attention.

Level 3 - Independent with Increased Functional Vulnerability
Daily tasks feel more challenging, and confidence may be declining in certain areas.

Level 4 - Independence Requires Support
Some activities feel unsafe, or you can no longer manage them without assistance.

Functional movement can change gradually. Plan on completing the assessment in the future, yearly, every six months, or after a significant health event. Comparing results can highlight patterns, improvements, or identify areas that will benefit from renewed attention.