



**TOTAL LIFE PURSUIT**  
Thrive in every area of life



## Pastor Longevity Score

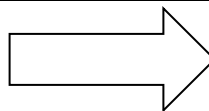
### Men

|                               |             |             |             |             |             |          |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|----------|
| <b>1-Mile Walk</b>            | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | Under 14:00 | 14:01–15:00 | 15:01–16:00 | 16:01–18:00 | 18:01–20:00 | 20:01+   |
| <b>Dead Hang</b>              | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 120+ sec    | 90–119 sec  | 60–89 sec   | 30–59 sec   | 15–29 sec   | 0–14 sec |
| <b>30-Second Sit-to-Stand</b> | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Reps                          | 26+ reps    | 22–25       | 18–21       | 14–17       | 10–13       | 0–9      |
| <b>Single-Leg Balance</b>     | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 45+ sec     | 30–44 sec   | 20–29 sec   | 10–19 sec   | 5–9 sec     | 0–4 sec  |
| <b>Plank Hold</b>             | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 120+ sec    | 90–119 sec  | 60–89 sec   | 30–59 sec   | 15–29 sec   | 0–14 sec |

### Overall Score

| Score | Rating                    |
|-------|---------------------------|
| 23–25 | Thriving                  |
| 19–22 | Strong Foundation         |
| 14–18 | Functional but Vulnerable |
| 8–13  | Needs Rebuilding          |
| 0–7   | At Risk                   |

Scan for tests  
and results



**TLP Healthy Pastors**

# Women

|                               |             |             |             |             |             |          |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|----------|
| <b>1-Mile Walk</b>            | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | Under 15:00 | 15:01–16:00 | 16:01–17:00 | 17:01–19:00 | 19:01–21:00 | 21:01+   |
| <b>Dead Hang</b>              | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 90+ sec     | 65–89 sec   | 45–64 sec   | 25–44 sec   | 10–24 sec   | 0–9 sec  |
| <b>30-Second Sit-to-Stand</b> | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Reps                          | 25+ reps    | 21–24       | 17–20       | 13–16       | 9–12        | 0–8      |
| <b>Single-Leg Balance</b>     | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 45+ sec     | 30–44 sec   | 20–29 sec   | 10–19 sec   | 5–9 sec     | 0–4 sec  |
| <b>Plank Hold</b>             | 5 Points    | 4 Points    | 3 Points    | 2 Points    | 1 Point     | 0 Points |
| Time                          | 105+ sec    | 75–104 sec  | 45–74 sec   | 25–44 sec   | 10–24 sec   | 0–9 sec  |

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| 0–7   | At Risk                   |