



TOTAL LIFE PURSUIT
Thrive in every area of life



Pastor Longevity Score (55+ Standards)

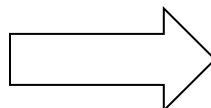
Men

1-Mile walk	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	Under 15:30	15:31–16:30	16:31–18:00	18:01–20:00	20:01–22:00	22:01+
Dead Hang	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	90+ sec	60–89 sec	30–59 sec	15–29 sec	5–14 sec	Under 5 sec
30-Second Sit-to-Stand	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Reps	22+ reps	19–21	16–18	13–15	10–12	0–9
Single-Leg Balance	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	45+ sec	35–44 sec	25–34 sec	15–24 sec	5–14 sec	Under 5 sec
Plank Hold	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	105+ sec	75–104 sec	45–74 sec	30–44 sec	15–29 sec	Under 15 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

1-Mile Walk	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	Under 16:30	16:31–17:30	17:31–19:00	19:01–21:00	21:01–23:00	23:01+
Dead Hang	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	60+ sec	45–59 sec	25–44 sec	10–24 sec	5–9 sec	Under 5 sec
30-Second Sit-to-Stand	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Reps	20+ reps	17–19	14–16	11–13	8–10	0–7
Single-Leg Balance	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	45+ sec	35–44 sec	25–34 sec	15–24 sec	5–14 sec	Under 5 sec
Plank Hold	5 Points	4 Points	3 Points	2 Points	1 Point	0 Points
Time	90+ sec	60–89 sec	40–59 sec	25–39 sec	10–24 sec	Under 10 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

These standards represent strong physical capacity and longevity markers for adults 55+ and are adjusted from healthy adult performance standards to account for normal age-related decline.