

# How long does a screening take to complete?

Last Modified on 17/04/2023 12:15 pm CAT

The initial screening takes up to 90 seconds, with a bit more time to answer the mandatory questions. The reassessment screening takes up to 10 minutes if you also complete the fitness assessment, typically a step test, and depends on your level of fitness, e.g. it takes longer for fitter clients to get their heart rate up to the required levels and hence may take a little longer to complete the screening.