Balance test log

Six balance tests, timed, once a month. Stand near a wall.

NAME

START DATE

TEST	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
STAND ON LEFT LEG (S)						
STAND ON RIGHT LEG (S)						
LEFT LEG, EYES CLOSED (S)						
RIGHT LEG, EYES CLOSED (S)						
HEEL-TO-TOE STAND (S)						
SIT TO STAND IN 30 S (REPS)						

Stop the clock when a foot touches down or you grab the wall. Ten seconds on one leg with eyes closed is good at any age.