Mobility test sheet

Seven simple tests, scored 1 to 5. Repeat every four weeks.

NAME

START DATE

TEST	WEEK 0	WEEK 4	WEEK 8	WEEK 12
OVERHEAD REACH				
DEEP SQUAT				
TOE TOUCH				
HIP HINGE				
SHOULDER ROTATION				
ANKLE: KNEE TO WALL (CM)				
SINGLE-LEG BALANCE (S)				

1 means stiff or can't, 5 means easy and smooth. Film yourself the first time; it is hard to see your own squat.

WHAT TO WORK ON