

3 Minute Balance Test

You can do this test in front of a couch if you are concerned about falling.

Write down how many times you lose your balance for each of the 5 stances

Hold each of these 5 stances for 20 seconds with your:

- Hands on your hips
- Eyes closed

You lose your balance when:

- Your hands come off your hips
- Your eyes open
- You hop or step your feet
- Your body sways 45 degrees

5 Stances	Day 1 _____ Number of times balance is lost.	Day 5 _____ Number of times balance is lost.
1. Both Feet Together		
2. In-Line (Right Foot in Front)		
3. In-Line (Left Foot in Front)		
4. Single Leg (Right Foot on Floor)		
5. Single Leg (Left Foot on Floor)		
Total Score:		

My Balance Improvement

After you finish the Free 5 Day Balance course, you can measure your Balance Improvement.

% Balance Improvement =

Day 1 Total _____ - Day 5 Total _____ = _____ ÷ Day 1 Total _____ x 100 = _____%

After the 5 Day Balance Course

I, _____ improved my balance by _____%!