

# 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)		
<b>Total Score:</b>		

## My Balance Improvement

After you finish the course, you can calculate the percent of 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 \_\_\_\_\_%!