

Assessments Overview and Log Sheet

Standing Balance Test

- Overview: The person stands on one leg for as long as possible. Score for each leg (Right/Left)
- Purpose: To measure whole body balance
- Equipment required: flat, non-slip surface, stopwatch, recording sheet.
- Pre-test: Review the test procedures. Perform a light warm-up by walking for about 2 minutes.
- Standing balance test procedure: The aim of the test is for the participant to stand on one leg for as long as possible. Practice your balancing before starting the test for about a minute. When ready, lift one foot off the ground, and the timing starts. The timing stops when the elevated foot touches the ground, or you hop or otherwise lose your balance position. The best of three attempts is recorded. Repeat the test on the opposite leg.
- Scoring: Time the total length of time person can stay in the balance position for each leg. Record the score.

Plank Test

- Overview: The Plank Test is a simple fitness test of core muscle strength and can also be used as a fitness exercise for improving core strength. The aim of this test is to hold an elevated plank position for as long as possible.
- Purpose: The plank test measures the control and endurance of the back/core stabilizing muscles.
- Equipment required: flat and clean surface, stopwatch, recording sheets, pen.
- Pre-test: Review the test procedures. Perform a light warm-up by walking for about 2 minutes.
- Procedure: The aim of this test is to hold an elevated position for as long as possible. Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the subject is unable to hold the back straight and the hip is lowered. The plank can be modified by placing the knees on the ground.
- Scoring: Time the total length of time person can hold the plank. Record the score.

Push Up Test

- Overview: One performs as many push ups as he/she can in one minute.
- Purpose: The Push Up Test measures strength and endurance in the upper body's muscles—specifically the chest, shoulders, triceps, and core. Upper body strength is a good indication of overall fitness.
- Equipment required: flat and clean surface, stopwatch, recording sheets, pen.
- Pre-test: Review the test procedures. Perform a light warm-up by walking for about 2 minutes.

- Procedure: The push up can be performed either on the toes or on the knees. Ensure that you document which variation you choose. Position your hands and toes/knees shoulder-width apart and elbows fully extended. Lower your upper body so your elbows bend to 90 degrees. Keep a straight line from the toes/knees to the hips to the shoulders. Push back up to the start position. That is one rep. Complete as many repetitions as possible in one minute without breaking form.
- Scoring: Record the number of push-ups completed in one minute.

Timed Up and Go (TUG) Test

- Overview: The TUG test measures how long it takes you to stand up, walk a distance of 10 feet, turn, walk back, and sit down again.
- Purpose: The TUG test is a simple evaluative test used to measure your functional mobility; how safely you can move around, your risk of falling, and your ability to maintain balance while walking.
- Equipment required: A chair with a solid seat and flat back, a manual or cellphone stopwatch, a measuring tape or ruler, a piece of tape or chalk, regular walking shoes
- Pre-test: Review the test procedures. Perform a light warm-up by walking for about 2 minutes. To set up the test, place a chair in an open space and measure 3 meters (9.8 feet) from the front edge of the seat. A small piece of tape or chalk is used to mark the distance on the floor.
- Procedure:
 - To start the TUG test, you will sit in the chair with your arms resting comfortably on your lap or at your sides (not on the armrests). You should be seated properly with your hips positioned all the way to the back of the seat.
 - The test begins when your assistant says "Go" and starts the stopwatch. You would then be timed as you rise from the chair, walk 3 meters, turn around, return to the chair, and sit down.
 - The recorded time on the stopwatch is your TUG score. Perform the test twice. The average recorded time of the two tests is your final score.
 - If your balance is impaired, someone should be at your side to prevent you from falling, but they should not hold you up.
 - There is no time limit to the TUG test.
- Scoring: Record the time.
 - < 10 seconds = normal
 - < 20 seconds = good mobility; can walk outside alone; does not require a walking aid
 - < 30 seconds = walking and balance problems; cannot walk outside alone; requires walking aid

Assessment Log Sheet

Assessment	Before May 13 th	June 21 st	July 31 st	After September 9 th
Standing Balance Test: Balance on one foot for as long as you can.	Left Foot _____ seconds Right Foot _____ seconds	Left Foot _____ seconds Right Foot _____ seconds	Left Foot _____ seconds Right Foot _____ seconds	Left Foot _____ seconds Right Foot _____ seconds
Core Stability-Plank Test: Hold your forearm plank for as long as you can.	Minutes _____ Seconds _____ Performed on knees or toes? (Circle one)	Minutes _____ Seconds _____ Performed on knees or toes? (Circle one)	Minutes _____ Seconds _____ Performed on knees or toes? (Circle one)	Minutes _____ Seconds _____ Performed on knees or toes? (Circle one)
Upper Body Strength-Push-up Test: How many push-ups can you do in one minute.	# _____ Performed on knees or toes? (Circle one)	# _____ Performed on knees or toes? (Circle one)	# _____ Performed on knees or toes? (Circle one)	# _____ Performed on knees or toes? (Circle one)
Functional Movement TUG Test: How quickly can you stand up, walk 10 feet (3 meters), turn around, walk back, and sit down.	Seconds _____	Seconds _____	Seconds _____	Seconds _____