

Beginners Baseline Measurements on _____

Cognition tests: [Trail Making](#) (time sec / # of errors): test A _____ / _____ test B _____ / _____

[MOCA](#) _____ / 30 points

Vitals: [BMI](#) weight _____ lbs / (Height _____ in)² x 703 = _____ BMI ratio. [Waist circumference](#) _____ cm

DexaScan: Muscle [Appendicular Lean Mass Index](#) (ALMI) _____ [Fat-Free Mass Index](#) (FFMI) _____

[Body Fat Percentage](#) _____ % [Visceral Adipose Tissue\(VAT\)](#) _____ % [Bone Mineral Density\(BMD\)](#) _____

V02 Max estimated: _____ Circle test completed: [2 min step test:](#) _____ steps

[Six-Minute Walk](#), [Rockport Walking Test](#), [The Cooper 12-Minute Run](#), or [The Cooper 1.5-Mile Run](#)

Strength:

[Sit-to-Stand](#) (Reps): 30-second _____ 1-minute _____

[Arm Curl test:](#) _____
(4# females 8# males)

[Hand Grip Dynamometer](#) (lbs): Right _____ Left _____

Mobility:

Circle [Floor](#) or [chair Toe Touch Test](#) (L/R): _____ / _____ cm

[Knee to Wall Test](#) (L/R): _____ / _____ cm

[Anterior Forward Lean](#) _____ inch

[Back Scratch Test](#): left top _____ right top _____
Distance between hands in cm

Stability:

[Belly Breath](#) _____ / 13

[miniBest](#): _____ / 28

[TUG](#): _____ sec [Dual TUG](#) 1) _____ sec 2) _____ sec

[STEADI ?](#)'s _____ ≥ 4 point = falls risk, answer below

Feels unsteady when standing or walking? Y / N

Worries about falling? Y / N

How many falls in the last year _____

Follow the [STEADI Algorithm](#) for assessments and interventions to help reduce fall risks.

4-stage balance test (time is sec) and extra		
Narrow stance		
Modified tandem		
Tandem (forward)	Left	Right
Single-leg eyes open	Left	Right
Single-leg eyes closed	Left	Right
Single-leg eyes closed head turns		

Advanced Baseline Measurements

Wall Sit: _____ sec knee angle _____ deg

Air Squat Sit: _____ sec knee angle _____ deg

Farmer's Carry: weight _____ lbs time _____ sec

Y Balance Test: forward L/R _____ cm

Back and out L/R _____ cm back and in _____ cm

Leg length _____ cm composit score _____ %

Dead Hang: Time _____ sec

Exercise	Points for Correct Setup	Levels 2 points per level	Total points
Dead Bug	8	8	____/24
Bird Dog	8	9	____/26
Front Plank	3	7	____/17
Side Plank	3	11	____/25
Pallof Press	3	5	____/13

10 rep max strength training: (based on LIFTMOR research)

Weighted Back Squat _____ lbs

Deadlifts _____ lbs

Overhead Press _____ lbs

Chin-Ups or Pull-Ups _____ reps

Power, Agility, and and Dynamic Movement

Line Jump in 30 sec	Both Feet Together	Left leg	Right leg
Left and right			
Forward and back			

Limb Symmetry Index (LSI)

- Normal range: 85-110%: Asymetically left verse right indicates a increase risk for injury. Therefore calaculate it for all jumping test.
- Calculated as: (Involved limb / Uninvolved limb) × 100

Max Distance	Double leg	Left leg	Right leg
Height (vertical)			
Distance (horizontal)			
Triple Hop			
Triple Hop Cross over			