**Testing Recording Sheet**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 4 Stage Balance Test Times | | | | | | |
| **Participant** | **Date** | **Type of Stance and Time** | **Date** | **Type of Stance and Time** | **Date** | **Type of Stance and Time** |
| Jane Doe | 13/2/19 | Tandem 10 seconds | 13/3/19 | Single leg R-10s. L-15s | 13/4/19 | Single leg R-15s L-24s |
| John Doe | 13/2/19 | Side by side 15 seconds | 13/3/19 | Instep 20 seconds | 13/4/19 | Tandem 22 seconds |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 30 Second Sit to Stand Test | | | | | | |
| **Participants** | **Date** | **Reps** | **Date** | **Reps** | **Date** | **Reps** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |