

The Verticle Life *Reimagined*

Fit is Freedom

Weekly Balance Assessment

<https://bit.ly/3mXmGTS>

Weekly, repeat the exercises in this video and rate your ability on a scale of 1-5 (5 being excellent). Exercises using separate legs note any left/right discrepancies and ability by each leg.

Notes:

	Initial assessment	Week 1	Week 2	Final assessment
	Date	Date	Date	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				