

Documentation Sheet for Test Results

	Before WHOLE Training Sessions	After WHOLE Training Sessions
Functional Reach Test (Distance in cm) Sitting () or Standing ()	Front: Right: Left: Front:	Front: Right: Left: Front:
Time get up and go Test (Time in seconds) Assistive devices used (please note) :		
10 Metre Walking Test (Time in Seconds) Normal comfortable () Assistive devices used (please note) :	1. 2. 3. Average:	1. 2. 3. Average:
The Back Scratch Test (Distance in cm)		