



FORM CHECK ASSESSMENT TRACKER

STAGE 1

STAGE 2

STAGE 3

END OF PROGRAM

Please assess all moves on a 1–5 scale

1 = Cannot perform the movement | 2 = More than 2 points of dysfunction | 3 = 2 points of dysfunction | 4 = 1 point of dysfunction | 5 = Performs movement with no dysfunctions

Equipment needed: Camera – You'll want a video camera or phone to record yourself taking the form assessment test and refer to it when assessing and completing this tracker.
Tape measure – You'll want a tape measure to measure 36 inches for the Davies Test.

1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
POSTURE CHECK					POSTURE CHECK					POSTURE CHECK					POSTURE CHECK				
SQUAT ASSESSMENT					SQUAT ASSESSMENT					SQUAT ASSESSMENT					SQUAT ASSESSMENT				
HIP SWIVEL					HIP SWIVEL					HIP SWIVEL					HIP SWIVEL				
OVERHEAD REACH					OVERHEAD REACH					OVERHEAD REACH					OVERHEAD REACH				
DAVIES TEST					DAVIES TEST					DAVIES TEST					DAVIES TEST				

RATE YOUR PERFORMANCE					RATE YOUR PERFORMANCE					RATE YOUR PERFORMANCE					RATE YOUR PERFORMANCE				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1 = Cannot perform the movement 2 = Completes the test • Unable to maintain proper plank form 3 = Performs the test properly • Average score of 10 or less repetitions 4 = Performs the test properly • Average score of 11–17 repetitions 5 = Performs the test properly • Average score of 18 or more repetitions					1 = Cannot perform the movement 2 = Completes the test • Unable to maintain proper plank form 3 = Performs the test properly • Average score of 10 or less repetitions 4 = Performs the test properly • Average score of 11–17 repetitions 5 = Performs the test properly • Average score of 18 or more repetitions					1 = Cannot perform the movement 2 = Completes the test • Unable to maintain proper plank form 3 = Performs the test properly • Average score of 10 or less repetitions 4 = Performs the test properly • Average score of 11–17 repetitions 5 = Performs the test properly • Average score of 18 or more repetitions					1 = Cannot perform the movement 2 = Completes the test • Unable to maintain proper plank form 3 = Performs the test properly • Average score of 10 or less repetitions 4 = Performs the test properly • Average score of 11–17 repetitions 5 = Performs the test properly • Average score of 18 or more repetitions				

Notes: _____ _____ _____	Notes: _____ _____ _____	Notes: _____ _____ _____	Notes: _____ _____ _____
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