

## Self-Assessment Screen

For each task, score yourself on a scale from zero to ten

0	1	2	3	4	5	6	7	8	9	10
Unable to complete			Able to complete but with difficulty or loss of form					Completed with ease		

Task		Benchmark	Score & Performance Notes
1	<b>Hips Hinge Squat: Mobility &amp; Control Check</b>	Hips touch wall, standing one foot-length distance away, keeping knees tracking over toes and maintaining lumbar curve	
2	<b>Hip to Wall Squat: Endurance Check</b>	Maintain 90 sec hold without leaning on the wall, keeping knees tracking over toes and maintaining lumbar curve	
3	<b>Single Leg Squat</b>	Perform 10 reps: 8/10 reps must have knee aligned over toes, hips reaching 45 degrees, and maintain lumbar curve	
4	<b>Single Leg Balance With Eyes Closed</b>	Hold 30 seconds on each leg, keeping hands on hips and eyes closed, keeping ankle quiet	
5	<b>Core Endurance Plank</b>	Hold 70 seconds, maintaining neutral spine position	
6	<b>Bridge With Terminal Knee Extension (TKE)</b>	Hold for 30 seconds with TKE, maintaining neutral spine, level pelvis, and hip-knee-ankle alignment.	
7	<b>Standing Trunk Rotation</b>	Rotate trunk 90 degrees, achieving front shoulder in line with rear shoulder, keeping ankles, knees and hips quiet	
8	<b>Double Leg Jump</b>	Perform 5 jumps with at least 4/5 landing softly and keeping knees tracking over feet	
			Total: ____ / 80