

Fascia Forward Fitness Self-Assessment

Make the following notes to help you record the current state of your body.

- Record the date you completed the assessments. If you feel overwhelmed, just do a few of the assessments at a time. Record the date for each.
- Video or take photos of yourself doing the assessments. This can help you see your true ability and see your progress over time.
- Record any imbalances from your right side compared to your left side.
- Record if you feel tension, discomfort, or pain with any of the movements.
- Record if you can do, almost do or cannot do any of the movements. Don't over complicate it.

Once you have completed the assessments, start stretching and moving. Many of the assessments also serve as stretches! Look for our videos to help support your progress. Remember... Consistency over intensity!

Movement Assessments	Notes
Core Engagement <ul style="list-style-type: none"> • Front Two Quadrants • Back Two Quadrants • 	
Spine <ul style="list-style-type: none"> • Lateral flexion (R/L) • Rotation (R/L) • Flexion • Extension 	
Cervical Spine <ul style="list-style-type: none"> • Rotation (R/L) • Lateral flexion (R/L) • Chin Tuck • Extension 	
Arm Overhead Reach to Shoulder Blade <ul style="list-style-type: none"> • In front of head (R/L) • Behind the head (R/L) 	
Arm Behind the Rack Reach to Shoulder Blade <ul style="list-style-type: none"> • R/L 	
Feet <ul style="list-style-type: none"> • Feet point forward • Feet under hips • Weight in the heels • Feel the balls of the feet from inside to outside of the foot 	

<ul style="list-style-type: none"> • Relaxed toes 	
Toes <ul style="list-style-type: none"> • Lift All • Lift Big Toes Alone • Left Small Toes Alone • Spread the toes 	
Ankles <ul style="list-style-type: none"> • Rolling to the outside (R/L) • Rolling to the inside (R/L) • Plantar Flexion (R/L) • Dorsi Flexion (R/L) 	
Hip <ul style="list-style-type: none"> • Neutral • Internal Rotation Z (R/L) • External Rotation Z (R/L) • Extension (R/L) 	
Single Leg Stance Balance <ul style="list-style-type: none"> • Arms relaxed (R/L) • Same side arm raised (R/L) • Opp side arm raised (R/L) 	
Bird Dog <ul style="list-style-type: none"> • R arm only • L arm only • R leg only • L leg only • Opposites R arm L leg • Opposites L arm R leg 	
Squatting <ul style="list-style-type: none"> • Easy Squat • Deep Squat • Arms Up Squat 	
Hang Test <ul style="list-style-type: none"> • Unweight with feet on the ground • Lift one foot • Lift both feet • Hang 30 seconds 	

Reassess every 4-6 weeks.