

Home Stability Self-Check

Four quick tests to find your weak link. About 10 minutes, no equipment. From FutureFitYou.

Before you start

Stand next to a sturdy counter or wall you can grab, in flat shoes or bare feet. Move slowly and skip any test that feels unsafe. Stop if you feel dizzy or have pain. If you have had recent falls, dizziness or a condition that affects balance, check with your doctor first.

The four tests

Test	How to do it	Watch for
1. Single-leg control	Stand on one leg with your hand hovering near the counter, eyes open. Time up to 30 seconds, then switch legs.	Under 10 seconds on either side, or a big gap between sides
2. Trunk control	On hands and knees, reach your right arm and left leg out and hold 3 seconds. Switch sides. Do 5 slow reps each way.	Hips twisting or dropping, lower back sagging, shaking
3. Ankle and hip control	Walk heel to toe along a line for 10 steps, close to a wall. Turn and repeat.	Stepping off the line, grabbing the wall, arms flapping
4. Deceleration	Walk briskly for 5 steps, then stop and freeze. Hold still for 3 seconds.	Extra steps, lurching forward, wobbling to a stop

For each test, mark one: **Steady**, **Wobbly** or **Could not do**.

Reading your result

- **Steady on all four:** you have a good baseline. Note today's date and retest in six weeks.

- **Wobbly on one or two:** that is your weak link, so it is where to start.
- **Wobbly or unable on most:** a sign to work on stability on purpose, and to mention it to your doctor or physiotherapist if you are concerned.

Your next step

1. **Find your weak link.** Take the free 2-minute Stability Check-Up at futurefityou.com/quiz.
2. **Work on it.** Stability Master is a six-week plan: three sessions a week, 20 to 25 minutes each.
3. **Retest.** Repeat this self-check and the Check-Up after six weeks and see what changed.

This self-check is general information, not medical advice.