**Testing Recording Sheet**

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| 4 Stage Balance Test Times |
| **Participant** | **Date** | **Type of Stance and Time** | **Date**  | **Type of Stance and Time** | **Date** | **Type of Stance and Time** |
| Jane Doe | 13/2/19 | Tandem 10 seconds | 13/3/19 | Single legR-10s. L-15s | 13/4/19 | Single legR-15s L-24s |
| John Doe | 13/2/19 | Side by side 15 seconds | 13/3/19 | Instep20 seconds | 13/4/19 | Tandem22 seconds |
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| 30 Second Sit to Stand Test |
| **Participants** | **Date** | **Reps** | **Date** | **Reps** | **Date** | **Reps**  |
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