

# Baseline Assessment Chart

## Safe But Challenging Stance Finder

### Narrow Stance (Feet Together)

Eyes-Head	Capability		Comfort	Time	Notes
	✓	X	1 - 10	In Seconds	
Open					
Closed					
Open, Rotate					
Open, Nod					
Closed, Rotate					
Closed, Nod					

Adapted from the Z-Health Balance Gym.