

TALLY IT UP

YOUR MOUNTAIN ANKLES SCORE

This isn't a medical score, it's your baseline. For each test, mark where you landed, using the worse of your two sides.

Three at-home tests for mobility, stability, and strength. Full instructions and demos in the [Mountain Ankles series](#).

YOUR NUMBERS

KNEE-TO-WALL	LEFT	in / cm	RIGHT	in / cm	DIFFERENCE	in / cm
BALANCE	EYES OPEN	L sec	R sec			
	EYES CLOSED	L sec	R sec			
HEEL RAISE	LEFT	reps	RIGHT	reps		

TEST	SOLID (2 PTS)	DEVELOPING (1 PT)	PRIORITY (0 PTS)	YOUR PTS
MOBILITY KNEE-TO-WALL	~4 in / 10 cm or more, sides even	Just under, or 1.5 cm / ½ in side gap	Well under, or large gap	
STABILITY BALANCE	~30 sec eyes open, holds eyes closed	Short of target	Under ~5 sec, or falls immediately	
STRENGTH HEEL RAISE	~24 men / 21 women	Somewhat under	Well under	

TOTAL

____ / 6

5-6 STRONG FOUNDATION · maintain and progress

3-4 SOLID BASE · train your weak link

0-2 START HERE · big, fast gains available

YOUR WEAK LINK · LOWEST-SCORING TEST

____ **THAT'S YOUR #1 PRIORITY**

DATE TESTED _____ RETEST ON _____ (8-12 weeks out)

Mobility and strength remodel over weeks; balance comes faster. Retest in 8-12 weeks to measure real progress.



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YOUR RESULT

WHAT YOUR WEAK LINK MEANS

These are screens, not a hiking-readiness guarantee. Wherever you scored lowest, or wherever one side lagged the other, that's where you start.

NEXT STEP

READY TO FIX IT?

The Mountain Ankles program walks you through rebuilding all three.

[OUTDOORADVENTURETRAINING.COM/MOUNTAIN-ANKLES](https://outdooradventuretraining.com/mountain-ankles)

This is a self-assessment, not medical advice. Work within your limits and talk to a healthcare provider before starting a new training program.



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