

Test Your-Self Target Set

On the following pages you'll find two target rectangles. They represent the human spine box. They are six inches wide and meant to be used with the tests presented on the FATCAT website.

Print these on normal 8.5"x 11" letter paper, then tape them together. The taller box is the torso (center mass) and the shorter box is the head box. Tape the head box directly above the torso box as shown below. Follow the directions for each test.





