

ReformWell Independence Scorecard

YOUR RESULTS. A STRONGER TOMORROW.

**STAY STRONG.
STAY CAPABLE.
STAY INDEPENDENT.**

Name: _____ Date: _____ Assessment Type: ☐ Initial ☐ 90-Day ☐ Annual

*Movement today
leads to more tomorrow.*

YOUR INDEPENDENCE SCORE™



STRONG

Your current movement and physical capacity support an active, independent life. There are opportunities to build in key areas so you can keep doing what you love.

YOUR SCORES BY DOMAIN



HIGHEST SCORE

Mobility & Movement
Your movement supports most of the activities you want to keep doing.



BIGGEST OPPORTUNITY

Balance & Stability
This is your priority area to improve over the next 90 days.

YOUR INDEPENDENCE GOALS

THE ACTIVITIES THAT MATTER MOST TO YOU

- Travel internationally
- Play tennis
- Get on and off the floor comfortably

YOUR 90-DAY PLAN

THREE FOCUSED STEPS FOR A STRONGER TOMORROW

- BUILD**
Lower-body power | Chair-rise progression 3x/week
- IMPROVE**
Single-leg stability | Balance sequence 4x/week
- MAINTAIN**
Rotational mobility | 5-minute mobility reset Daily

KEY TAKEAWAYS

- ✓ You are on a strong path to maintaining your independence.
- ✓ Small, consistent improvements can lead to big long-term benefits.
- ✓ We'll reassess in 90 days to track your progress and adjust your plan.

*"Staying independent
isn't just about adding years
to your life, but life to your years."*

**MOVE WELL. LIVE WELL.
ON YOUR TERMS.**