

GUF Movement Pattern Self-Assessment

No equipment needed • Approx. 5–10 minutes

Purpose

This self-assessment helps you check how comfortably and efficiently your body moves through the key functional patterns.

Squat • Lunge • Hinge • Push • Pull • Core Stability

If possible, use a mirror or your phone camera to observe your movement quality.

1. General Information

Name: _____

Email (optional): _____

Any recent injuries or pain that limit movement?

☐ No ☐ Yes – please describe: _____

2. Squat Pattern

Instructions: Stand with feet shoulder-width apart, heels down, chest up. Lower into a squat.

Observe:

– Heels stay down? – Chest upright? – Knees track over toes?

How would you rate your squat?

- ☐ Smooth and controlled – no balance or depth issues
- ☐ Slight wobble or limited depth
- ☐ Heels lift, knees cave, or major balance issues

Notes: _____

3. Lunge Pattern

Instructions: Step forward and lower until both knees are about 90° or to where it is comfortable.

Observe:

– Knees in line with toes? – Stable balance? – Smooth return to standing?

How would you rate your lunge?

- ☐ Strong and balanced both sides
- ☐ Slight wobble or instability
- ☐ Loss of balance, pain, or poor alignment

Notes: _____

4. Hinge Pattern

Instructions: Stand tall, feet hip-width apart, soft knees. Push hips back as if closing a door with your glutes.

Observe:

– Movement felt in hamstrings/glutes? – Back stays flat?

How would you rate your hinge?

- ☐ Feels natural and controlled
- ☐ Some back rounding or uncertainty
- ☐ Hard to hinge without bending knees or rounding back

Notes: _____

5. Vertical Push / Pull

Vertical Push (mobility check): Raise arms overhead, palms forward.

- ☐ Full range, no strain
- ☐ Slight tightness
- ☐ Limited range or discomfort

Vertical Pull (control check): Simulate pulling something from overhead (Like a dish from a high shelf).

- ☐ Strong and stable
- ☐ Some difficulty and restriction through the shoulder
- ☐ Weakness or discomfort

Notes: _____

6. Horizontal Push / Pull

Horizontal Push (push-up or wall push): Keep straight line from head to heels.

- ☐ Controlled and steady
- ☐ Some shoulder/core sag
- ☐ Unable to maintain alignment

Horizontal Pull (row simulation): Stand tall, squeeze shoulder blades together.

- ☐ Smooth with good posture
- ☐ Slight rounding
- ☐ Hard to feel back engage

Notes: _____

7. Core Stability (Plank)

Instructions: Hold a forearm plank for 20 seconds.

Check: Body in straight line, hips level, neutral spine.

Rate your plank:

- ☐ Stable and strong throughout
- ☐ Minor shaking or loss of alignment
- ☐ Major compensation (hips drop, early fatigue)

Notes: _____

8. Reflection

Strongest or easiest movement: _____

Most difficult or unstable movement: _____