

FEET

Healthy Posture Pre/Post Survey

Pre-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel pain in my low back, legs, knees, ankles, and/or feet.

Agree 5 4 3 2 1 0 Disagree

I feel safe, secure and supported.

Agree 5 4 3 2 1 0 Disagree

I am conscious and aware of the sensations and posture of my feet.

Agree 5 4 3 2 1 0 Disagree

I feel able to adjust and compensate when I am shaken off my feet.

Agree 5 4 3 2 1 0 Disagree

I feel stable, and able to stand on my own two feet.

Agree 5 4 3 2 1 0 Disagree

Post-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel pain in my low back, legs, knees, ankles, and/or feet.

Agree 5 4 3 2 1 0 Disagree

I feel safe, secure and supported.

Agree 5 4 3 2 1 0 Disagree

I am conscious and aware of the sensations and posture of my feet.

Agree 5 4 3 2 1 0 Disagree

I feel able to adjust and compensate when I am shaken off my feet.

Agree 5 4 3 2 1 0 Disagree

I feel stable, and able to stand on my own two feet.

Agree 5 4 3 2 1 0 Disagree



TeriLeigh

www.terileigh.com ♦ teri@terileigh.com

