



LEAD MAGNET · DWIL FITNESS

The Look / Feel / Move Audit

Three short tests. Twenty-five minutes.
One honest answer about what your training is—and isn't—doing for your body.

DAIN WILSON · DPT STUDENT · NASM-CPT · MIAMI

Read this first.

Most fitness content is built to make you feel something — usually motivated, sometimes guilty. This isn't that.

This is a diagnostic. Three short tests, one for each of the outcomes I think actually matter — how you look, how you feel, how you move. You'll score yourself, total it up, and at the end you'll have something most people training their entire lives never get: a clear picture of where you actually stand.

A few things to know before you start.

The audit doesn't measure how hard you work or how dedicated you are. It measures whether the work is adding up. Plenty of people train five days a week and aren't getting closer to anything. That's the gap this finds.

It's also not a test you can fail. There's no good or bad score, just an accurate one. The point is to stop guessing.

I built this from what I see most often as a coach — clients who are doing too much of one thing and not enough of another, who think they have a programming problem when they have a recovery problem, who chase mobility when they need stability and stability when they need mobility. The audit shoots at three of the most common blind spots in one tight package.

The Move section is the heaviest, on purpose. It's the section most fitness content ignores, and it's the one most likely to decide whether you're still training at 60. I'd rather you score honestly on movement than chase a few extra points on protein.

Be honest with the answers. The audit only works if you are.

Take 25 minutes. Get a piece of paper. Warm up your body for a few minutes before the Move test. Let's see where you stand.

— **Dain**

LOOK

Lean Fuel · Output · Overnight · Know

This isn't a body fat test. Body fat tests are mostly inaccurate at home and don't tell you anything you can use. What this tests is whether the four foundational levers behind body composition change are in place. Without them, no program — mine or anyone else's — is going to give you the result you want.

Four levers, one per letter. Score each 0–5. Add them up.

L — Lean Fuel

How many grams of protein are you eating per day, on average? (If you have no idea: count the palm-sized portions of meat, fish, eggs, dairy, or protein powder you ate yesterday. Each palm \approx 25–30g. Multiply.)

5	Roughly 1 gram per pound of bodyweight (or close to it)
4	Around 0.7–0.9g per pound
3	Around 0.5–0.7g per pound
2	I have no idea, but I eat protein at most meals
1	I have no idea, and I probably don't
0	I'm under-eating protein and I know it

O — Output

Pull out your phone. Open the Health app (iPhone) or Google Fit (Android). What's your average step count over the last seven days?

5	10,000+
4	8,000–10,000
3	6,000–8,000
2	4,000–6,000
1	2,000–4,000
0	Under 2,000

LOOK TEST (CONT.)

O — Overnight

Average hours of sleep per night over the last seven nights. Be honest, not aspirational.

5	7.5+
4	7
3	6–6.5
2	5.5–6
1	5 or less, but it varies
0	Consistently under 5

K — Know

Have you tracked what you eat at any point in the last 90 days?

5	Yes, currently tracking and have tracked consistently in the past
4	Tracked recently, took a break
3	Tracked at some point in the last 90 days
2	Tracked years ago, have a rough sense
1	Never tracked but think I eat reasonably
0	Never tracked and have no real idea what I eat

Your LOOK Score: ____ / 20

Don't interpret yet. Continue to the Feel Test.

FEEL

Is your training making you better, or just beating you up?

Most people who feel bad think they need to train harder. They don't. They need to train better, and recover at all. This test pulls out whether your current load is sustainable or whether you're slowly grinding yourself down.

Five questions. Gut answer 1–5 (1 = strongly disagree, 5 = strongly agree).

1. I wake up feeling rested most mornings.

___ / 5

2. My workouts feel like the highlight of my day, not a chore I push through.

___ / 5

3. I feel stronger or more capable now than I did 90 days ago.

___ / 5

4. I have no nagging joint or muscle issue that won't go away.

One persistent thing — knee, shoulder, low back, hip — drops your score.

___ / 5

5. After a hard session, I feel back to baseline within 24 hours.

___ / 5

Your FEEL Score: ___ / 25

MOVE

Five quick screens. They predict more than you'd expect.

Mobility, stability, and power problems are quiet. They don't hurt — until they do. These five screens take about ten minutes and need no equipment beyond a chair, a mirror, and optionally a sturdy box. Warm up first — five minutes of easy movement. Cold tissue gives bad readings. Each screen is scored 0–5; Move is the heaviest section in the audit on purpose.

Screen 1 — Overhead Squat (Mirror Test)

Set up your phone to record before you start. Prop it against something at about hip height, roughly six feet away, framed so your full body fits from a side angle. Wear something that doesn't hide your hip crease (avoid baggy shorts or hoodies). Hit record. If you book the free call later in this guide, I'll review the footage and tell you what your mirror can't show — knee tracking, pelvic position, weight distribution. Doing it now saves you from re-shooting later.

Stand sideways to a mirror so you can see your profile.

Feet hip-width to shoulder-width, toes slightly turned out. Arms raised straight overhead, biceps next to ears.

Action: Squat as deep as you can. Pause at the bottom for one second, then stand. Do three reps and score your best.

While you're moving, watch four things in the mirror: depth (does your hip crease drop below your knee?), torso (does your chest stay upright, or fold forward?), heels (flat or lifting?), and arms (locked overhead or drifting forward?).

5	Full depth (hip below knee), torso stays upright, heels flat, arms locked overhead
4	Full depth, but mild forward lean OR slight arm drift — one minor breakdown
3	Just-above-parallel depth (thighs nearly parallel to floor), otherwise clean
2	Quarter-squat depth only, OR full depth attempted with major forward lean or heel lift
1	Shallow squat with multiple breakdowns (lean + heel lift + arms drop)
0	Can't reach any meaningful depth without falling backward

Save the video you just recorded.

The mirror catches four signs. There are about a half-dozen more I'd flag as a DPT student watching you move in real time — knee tracking, pelvic rotation, weight shift, where you're loading at the bottom of the squat. Book a free 15-minute call (link on the last page), bring the video, and I'll go through it with you. No charge, no pitch. If you forgot to record, no stress — set the phone up next time. One clean side-angle rep is enough.

Screen 2 — Toe Touch

Setup: Stand barefoot, feet together, knees fully straight (not locked, just straight).

Action: Slowly fold forward, hands reaching for the floor. Don't bounce. Take three attempts — try to get a little lower each rep as the tissue gives. Score your best.

5	Palms flat on the floor
4	Fingertips flat on the floor
3	Fingertips touch the top of your shoes / toes
2	Fingertips touch your ankle
1	Fingertips reach mid-shin
0	Fingertips above mid-shin

What it tells you: Posterior chain mobility — hamstrings, calves, low back. Failing here predicts deadlift compensation and chronic low-back tightness over time.

Screen 3 — Shoulder Reach (Apley)

Setup: Stand tall, arms at sides.

Action — right side first: Right hand reaches over the right shoulder, fingers walking down your back. Left hand reaches behind your back, fingers walking up. Try to touch fingertips or clasp hands. Repeat on the left side.

5	Hands fully clasp on both sides
4	Fingertips touch on both sides
3	Touch on one side, gap of <2 inches on the other
2	Touch on one side, gap of 2–4 inches on the other (asymmetry flagged)
1	Small gap (<4 inches) on both sides
0	Gap of 4 inches or more on both sides

What it tells you: Combined shoulder mobility and thoracic extension. Asymmetry between sides matters more than the absolute number — it predicts compensation patterns under load.

Screen 4 — Single-Leg Balance, Eyes Closed

Safety first: Stand near a wall, counter, or sturdy chair you can grab. You will probably need it.

Setup: Stand on one leg, hands on hips, the other foot lifted just off the ground (don't rest it on your standing leg).

Action: Close your eyes. Count how many seconds you can hold before the lifted foot touches down or you have to open your eyes to catch yourself. Test both sides. Score your worst side.

5	60+ seconds
4	45–59 seconds
3	30–44 seconds
2	15–29 seconds
1	5–14 seconds
0	Under 5 seconds

What it tells you: Ankle and hip stability plus proprioception. Most adults score 0–2 on this one. Side-to-side differences flag underlying asymmetries.

Screen 5 — Power

Pick one of the two versions below. 5-Time Sit-to-Stand is the default — accessible, no equipment beyond a chair, validated across age groups. Box Jump is for those already comfortable jumping.

5A — 5-Time Sit-to-Stand (default)

Setup: Sturdy chair (~17–18 inches), no arms, against a wall so it can't slide. Arms crossed over your chest. Stopwatch ready.

Action: From seated, stand fully (legs locked) then sit fully (full seat contact). Five complete cycles as fast as you safely can. Time from "go" to seated on rep 5.

Score using your age bracket:

Age	5 (elite)	4 (excellent)	3 (average)	2 (weak)	1 (slow)	0 (red flag)
20–29	<5.5s	5.5–6.5s	6.6–7.5s	7.6–9.0s	9.1–11.0s	>11.0s
30–39	<6.0s	6.0–7.0s	7.1–8.5s	8.6–10.0s	10.1–12.0s	>12.0s
40–49	<6.5s	6.5–7.5s	7.6–9.5s	9.6–11.0s	11.1–13.0s	>13.0s
50–59	<7.5s	7.5–8.5s	8.6–10.5s	10.6–12.0s	12.1–14.0s	>14.0s
60+	<8.5s	8.5–10.0s	10.1–12.0s	12.1–14.0s	14.1–16.0s	>16.0s

5B — Box Jump (alternative)

Only if you're comfortable jumping and have a stable box, bench, or platform. Pick the tallest height you can hit cleanly three times in a row (no shaky landings, no missed reps).

5	36 inches or taller
4	30 inches
3	24 inches
2	18 inches
1	12 inches or controlled step-up only
0	Can't generate confident vertical takeoff

Your MOVE Score: ____ / 25

(Overhead Squat /5 + Toe Touch /5 + Shoulder Reach /5 + Balance /5 + Power /5)

All three scored. Time to total it up.

Add it up.

LOOK

____ / 20

FEEL

____ / 25

MOVE

____ / 25

TOTAL: ____ / 70

55–70 GREEN LIGHT

Your foundation is in place. Programming will work because you've set the conditions. The risk now is plateauing on what you're doing.

Next: Find a coach or system that progresses you intentionally. The next level is specificity, not volume.

34–54 YELLOW LIGHT

You have one or two foundational gaps. The audit just told you which lever has the most leverage.

Next: Fix your lowest section score first, before anything else. Pick one thing. Most people in this band try to fix everything and fix nothing.

Under 34 RED LIGHT

You don't need a harder program. Most people here think the answer is to push harder; the answer is to push smarter on a smaller number of things.

Next: Sleep, protein, steps, and one mobility focus. Nothing else for 30 days. Then re-test.

Want me to look at your numbers?

If you want a second set of eyes on your scores — or if you actually want me to watch you move — I'd offer you a free 15-minute call. No pitch on the call, no upsell. Three things in fifteen minutes:

01 I'll review your audit scores and tell you which lever has the most leverage for your situation.

02 If you recorded your overhead squat, I'll assess it for what your mirror couldn't show — knee tracking, pelvic position, weight distribution. The stuff a movement professional looks for in real time.

03 I'll tell you what I'd prioritize if I were your coach for the next 30 days.

Whether or not you ever work with me, you'll leave the call with one decision made.

BOOK A FREE 15-MIN CALL

Or reply to the email this came in. I read every one. — Dain

WHO BUILT THIS

Dain Wilson. Doctor of Physical Therapy student in Miami, NASM-certified personal trainer, former NCAA baseball player. Five years coaching. I built the Look / Feel / Move framework because I kept seeing the same pattern: smart, motivated adults working hard on the wrong levers. The fix is almost never more effort. It's better information.

Instagram: @dwil_fitness · TikTok: @dwil_fitness · Web: dwilfitness.com

© Dwil Fitness · Dain Wilson · Miami, FL

This audit is educational. It's not medical advice. If anything in the Move test caused pain or you have a known joint issue, stop and talk to a physical therapist or physician before continuing.