**🔍 FREEDIVING DIAGNOSTIC CHECKLIST – KOVAL DEEP AI**

Use this checklist to quickly identify the root cause of equalization, mouthfill, glottis, or soft palate issues. Respond with the **numbers** of any statements that apply to you (e.g., "1, 3, 5, 8").

**🔧 MOUTHFILL DIAGNOSTIC**

1. I take my mouthfill **shallower than 22m**.
2. I take my mouthfill **while still finning**, not during the sink phase.
3. I take a very full mouthfill, but it disappears by X. Include depth with number
4. I feel like I’m **using a lot of effort to hold** the mouthfill.
5. Despite full mouthfill I **run out of air** slowly with each equalization between 60–80m.
6. I **swallow the mouthfill** or lose it during the dive.
7. I take my mouthfill **too early because of fear or tension**.

➡️ If you selected 1–2: Mouthfill timing issue  
➡️ If you selected 3–6: Mouthfill volume or technique issue  
➡️ If you selected 7: Psychological/tension-based compensation

Recommended Tools: Reverse Packing Drill, Simulated Mouthfill, Mouthfill Timing Dive

**🔧 EQUALIZATION DIAGNOSTIC**

1. I can equalize perfectly on FRC dives, but **struggle on full inhale dives**.
2. I **equalize well to 30m**, but EQ becomes more difficult after that.
3. I can’t EQ well and I feel **tightness in the chest or throat**.
4. I feel like I’m **pushing** equalizations instead of them happening effortlessly.
5. I can’t EQ once I feel **contractions**.

➡️ If you selected 8, 10, or 11: You may have tension-based EQ restriction  
➡️ If you selected 9: You may be hitting early RV-related limits  
➡️ If you selected 12: EQ and glottis coordination under stress is the issue

Recommended Tools: Tool 2 Reverse Packing, Tool 3 Deep EQ Timing, Tool 4 Mouthfill Contractions

**🔧 GLOTTIS CONTROL DIAGNOSTIC**

1. I **don’t know how to identify my glottis**.
2. I can’t tell when my glottis is open vs closed.
3. I feel like **air escapes from my mouth** when I try to equalize.
4. I lose control of the mouthfill when **contractions start**.
5. I can’t **seal the glottis** after taking a mouthfill.

➡️ If you selected 13–14: Need to train glottis identification  
➡️ If you selected 15, 16, or 17: Weak glottis coordination under pressure

Recommended Tools: Glottis Isolation Drill (Tool 1), Reverse Pack + Lock (Tool 2), Mouthfill EQ with Contractions (Tool 4)

**🔧 SOFT PALATE CONTROL DIAGNOSTIC**

1. I feel like my teeth are clinched together and **holding the air forward** in cheeks around 50–60m.
2. My soft palate **locks during descent**, preventing EQ.
3. I feel like I can’t **push air into the tubes**, even though I have a full mouthfill.
4. I get a strange **"gulping" reflex or sudden swallow** before RV.

➡️ If you selected 18–19: Soft palate is locking due to pressure/tension  
➡️ If you selected 20–21: Poor soft palate positioning or redirection

Recommended Tools: Soft Palate Awareness, Glottis/Palate Coordination, Tongue Extension Test (Tool 1)

Would you like a custom training tool plan based on your selections?