

5-Marker Weekly Tracker

A simple weekly snapshot for walking, standing strength, grip, balance, and endurance after 60.

Use this tracker once each week to notice how daily movement feels. Keep the notes short and practical. The goal is not to score yourself perfectly - it is to spot patterns and choose what to work on next.

Walking steadiness, pace, confidence	Standing Strength chair-rise effort and control	Grip holding, carrying, opening	Balance turning, standing, steadiness	Endurance stamina for walks and errands
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Weekly Tracker

Week of	Walking	Standing Strength	Grip	Balance	Endurance	Notes

Helpful note examples

"Walking felt steadier this week."

"Chair rise was easier."

"Balance still feels shaky when turning."

Keep it simple

A short note is enough. You are looking for patterns, not perfect measurements.

Weekly Reflection and Next Steps

Use this page after filling out the weekly tracker. A few short notes can make progress easier to see over time.

This Week at a Glance

Which area felt strongest this week?	
Which area felt least confident or most effortful?	
What felt a little easier than last week?	
What still feels harder than you want it to?	

Next Week Focus

My main focus will be: <hr/> <hr/>	I will keep it manageable by: <hr/> <hr/>
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Simple Confidence Check

Area	1	2	3	4	5
Walking	■	■	■	■	■
Standing strength	■	■	■	■	■
Grip	■	■	■	■	■
Balance	■	■	■	■	■
Endurance	■	■	■	■	■

1 = very low confidence | 5 = stronger, steadier, or more comfortable this week

Important reminder: This tracker is for general educational use only and is not medical advice. If you notice a sudden change in walking, recent falls, major balance problems, chest pain, severe dizziness, significant weakness, or anything that feels clearly unsafe, talk with a doctor or physical therapist.