

Chair-Stand Progress Sheet

A simple weekly printable for noticing effort, control, steadiness, and confidence when standing up from a chair.

How to use this sheet

Use the same chair when possible. Write short notes about how standing up feels instead of worrying about perfect scores. Look for patterns over time.

What to notice

Did the movement feel smoother? Did you need less hand support? Did standing feel steadier? Was it less tiring than last week?

Date	Chair used / notes	How standing up felt	Hand support used?	Confidence (1-5)	Notes

Tip: short notes like "used less hand support" or "felt steadier after standing" are enough.

Weekly Reflection

Use this page to notice patterns, not to judge yourself.

This week, standing up from a chair felt:

The movement felt steadier / less steady because:

I used more / less hand support than last week:

My confidence when standing felt:

The next thing I want to focus on is:

Confidence check

1 = very unsure

3 = somewhat steady

5 = much more confident

Safety reminder

This sheet is for general educational use only and is not medical advice. If standing from a chair feels clearly unsafe, has suddenly become much harder, or causes marked dizziness, severe pain, or repeated near-falls, talk with a doctor or physical therapist.