

Balance & Fatigue Check-In

Does your steadiness change as the day goes on? Use familiar daily activities to notice how fatigue affects balance, turns, support needs, and confidence.

Use this as an observation tool, not a balance test. Do not deliberately tire yourself or practice unsafe movements. Seek appropriate medical attention for a sudden major change in balance, especially with severe dizziness, fainting, new weakness or numbness, confusion, chest pain, or unusual shortness of breath.

Activity	Felt steady at start?	Felt different later?	Needed support?	Turning harder?	Fatigue level
Grocery shopping					
Household chores					
Neighborhood walk					
Standing / cooking					
Appointment / outing					

When does balance feel hardest? ☐ Morning ☐ Midday ☐ Evening ☐ After walking ☐ After standing ☐ After errands ☐ When distracted ☐ On uneven ground

What changes first? ☐ Shorter steps ☐ Slower pace ☐ More support ☐ Harder turns ☐ Looking down more ☐ Less confidence ☐ Other: _____

The pattern I notice most:

One thing I want to watch this week:

Helpful reminder: The goal is not to push through fatigue. Look for whether tiredness consistently changes how steady, confident, or controlled your movement feels.

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