

Chair & Couch Stand-Up Check

Which seats make standing unnecessarily difficult? Use this worksheet to compare seat height, softness, how deeply you sink, and how much help you need from your hands.

Use this as an observation tool, not a repeated stand-up test. Notice how seats feel during your normal day. Stop and seek appropriate medical advice if standing causes severe pain, dizziness, fainting, sudden weakness, or a major new change in your ability to rise.

Seat	Feels high or low?	Firm or soft?	Sink deeply?	Need hands?	Easy / moderate / hard
Dining chair					
Couch					
Favorite chair					
Bed					
Other: _____					

What seems to make standing harder? ☐ Low seat ☐ Soft cushion ☐ Deep seat ☐ Feet cannot get underneath ☐ No armrests ☐ Fatigue ☐ Pain or stiffness ☐ Other: _____

The seat that gives me the most trouble:

One simple change worth trying:

Helpful reminder: A harder stand does not always mean your legs changed. Seat height, softness, depth, and foot position can all make the movement more demanding.