

Daily-Life Endurance Check-In

Is everyday activity taking more effort than it used to? Use familiar tasks to notice changes in breaks, limiting symptoms, and recovery.

Use this as an observation tool, not a test. Do your normal activities at a manageable level. Do not push through chest pain, fainting, severe dizziness, unusual shortness of breath, or sudden major changes in strength, walking, or balance.

Everyday activity	Still comfortable?	Need more breaks?	What makes me stop?	Recovery time	Different from 6 months ago?
Grocery shopping					
Preparing a meal					
Housework					
Walking / errands					
Stairs					

The change I notice most:		Has this happened repeatedly? ☐ No ☐ Sometimes ☐ Yes, regularly
What seems to limit me most? ☐ General fatigue ☐ Leg fatigue ☐ Pain ☐ Breathing ☐ Balance ☐ Other: _____	One thing I want to watch this week:	

Helpful reminder: One difficult day may not mean much. A repeating change in ordinary activities is more useful to notice.