

Everyday Chair Stand Check-In

Has the way you get up from a chair changed? Use this worksheet to notice how different seats affect your movement and whether you rely more on your hands, forward leaning, or extra effort.

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

Seat	Easy to rise?	Need hands?	Lean / rock forward?	Feet need repositioning?	Harder when tired?
Dining chair					
Couch					
Favorite chair					
Bed					
Other: _____					

What has changed most?

☐ More hand support ☐ More forward leaning ☐ Need more than one attempt ☐ Slower standing ☐ Avoid low seats ☐ Harder when tired ☐ Pain or stiffness ☐ Other:

The seat that is easiest for me:

The seat that is hardest for me:

Helpful reminder: The useful clue is not simply whether you can stand. Notice whether the way you stand is gradually changing across familiar seats.