

Everyday Chair Stand Pattern Tracker

Has the way you stand from a chair changed over time? Use this worksheet to notice everyday patterns rather than turning every chair stand into a test.

Use this as an observation tool, not a repeated chair-stand challenge. Notice what happens 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.

Date / seat	Need hands?	More than one attempt?	Rock / lean forward?	Harder when tired?	Easier / same / harder

What am I noticing most?

☐ More hand support ☐ Slower standing ☐ More forward leaning ☐ More than one attempt ☐ Harder from low seats ☐ Harder later in the day ☐ Pain or stiffness ☐ Other:

Compared with several months ago, standing feels: ☐ Easier ☐ About the same ☐ Harder ☐ Not sure

One change I want to keep watching:

Helpful reminder: Often the most useful clue is not a single formal test result, but whether your usual way of standing is becoming easier, harder, or simply different over time.