

Everyday Grip Check-In

Are familiar hand tasks becoming harder than they used to be? Use this worksheet to notice changes in grip, hand fatigue, and everyday object handling.

Use this as an observation tool, not a maximum-strength test. Notice everyday hand tasks at a comfortable level. Seek appropriate medical attention for sudden hand weakness, marked one-sided changes, new numbness, severe pain, or loss of hand control.

Everyday task	Still easy?	Need both hands?	Hand tires?	One hand different?	Change from before?
Open jar / bottle					
Carry grocery bag					
Hold mug or pan					
Turn key / doorknob					
Open package					

What do I notice most?

☐ Less force
 ☐ Hand fatigue
 ☐ Objects feel less secure
 ☐ Need both hands more often
 ☐ One hand seems weaker
 ☐ Pain limits the task
 ☐ Stiffness limits the task
 ☐ Other: _____

One task I want to watch over the next few weeks:

What seems to change first?

Helpful reminder: One difficult object does not tell you much. Look for whether several familiar hand tasks are becoming harder than they used to be.