

Hand Fatigue & Grip Endurance Check-In

Do your hands tire sooner during familiar everyday tasks? Use this worksheet to notice when fatigue appears, whether one hand tires first, and whether the same pattern repeats.

Use this as an observation tool, not an endurance test. Do not deliberately hold or squeeze objects until your hand is exhausted. Seek appropriate medical attention for sudden hand weakness, a major one-sided change, new numbness or tingling, severe pain, or loss of hand control.

Activity	Comfortable at start?	Hand tires?	Switch hands?	Grip less secure?	Different from before?
Carry groceries					
Hold cookware					
Food preparation					
Cleaning					
Household / tool task					

What happens first?

☐ Hand fatigue ☐ Less secure grip ☐ Need both hands ☐ Need to put item down ☐ One hand tires first ☐ Pain or stiffness ☐ Numbness / tingling ☐ Other: _____

The task where I notice fatigue most:
Does resting briefly help?

☐ Yes ☐ No ☐ Sometimes

Helpful reminder: Grip function is not only about maximum force. How comfortably your hands keep working through ordinary tasks can also be useful to notice.

steadierafter60.com