

30-Day Strength & Mobility Check-In

A simple 4-week tracker for noticing changes in everyday leg strength, balance, and mobility.

How to rate each item	1 Very difficult	2 Difficult	3 About usual	4 Easy	5 Very easy
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Weekly Check-In

What I'm tracking	Week 1	Week 2	Week 3	Week 4
Getting out of a chair	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5
Climbing stairs	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5
Normal walking	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5
Carrying groceries / laundry	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5
Balance & steadiness	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5
Leg fatigue during daily activity	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5	■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Quick Safety & Change Check

■ I had a fall or near-fall this week.
■ I needed to grab furniture or walls more often.
■ I started avoiding an activity because my legs felt weak.
■ My weakness seems to be getting progressively worse.

Notes for Me or My Healthcare Provider

New symptoms or changes: _____
Questions I want to ask: _____

Remember: Don't compare your score with someone else's. Look for changes in **your own** function over time. This tracker is for noticing patterns - it does not diagnose sarcopenia or any medical condition.

Urgent warning: Sudden weakness or numbness - especially on one side of the body - or weakness with facial drooping, speech difficulty, sudden vision changes, dizziness, or loss of coordination may be a medical emergency. Seek emergency care.

Educational use only. New, unexplained, persistent, or worsening weakness should be discussed with a qualified healthcare professional.