



Functional progress tracker

Self-recorded. Compare only with your own results under the same conditions. Not a diagnosis.

30-second chair stand (based on the CDC STEADI protocol)

Armless chair against a wall, arms crossed. Count full stands in 30 seconds. Stop if you need your arms, feel pain or feel unsteady.

Date	Full stands	Chair / conditions	Modifications	Notes

One-leg balance hold (informal check, next to support)

Date	Left (sec)	Right (sec)	Support used	Notes

Wall sit hold (informal check, comfortable depth)

Date	Seconds	Depth / conditions	Notes