

Timed Up and Go (TUG) Log

Measures the time (in seconds) it takes starting from a seated position, to stand up, walk (10 feet), turn, walk back, and sit down again. Chair seat height of 18 inches is recommended.

Class ID: _____

Site: _____

Date of FIRST TUG Session: _____

Date of LAST TUG Session: _____

Chair Seat Height: _____ inches Arm Chair: Yes No

Participant Name	Participant ID (match to number on attendance log)	Share Data N= no	First Session TUG Seconds (0.0)	Administering Leader or Therapist	Last Session TUG Seconds (0.0)	Administering Leader or Therapist	Comments * Please note whether assistive device is used. *Notes on Baseline and Final performance (especially improvements!) related to: posture, push off with arms, balance, short stride, shuffling, wide path, etc.
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