Patient’s Mobility Goal for the Following Day:

Let's Get Moving

**Phase 4**
- Walk in Hall

**Phase 3**
- Up in chair with min assist
- Stand
- Up to sink for self-care
- Shower in chair

**Phase 2**
- Dangle
- Up in chair with max assist
- In bed strengthening
- Participate in self-care

**Phase 1**
- Range of motion exercises
- Chair-position in bed

- Distance: __________
- Distance: __________
- Distance: __________
- Distance: __________

AM PM Eve AM PM Eve AM PM Eve AM PM Eve

Initial in box completed by person assisting with activity