Classic Timed Up and Go (TUG):

Was Trial #1 completed per protocol? □ Yes □ No
   TUG time (total seconds): __________
   Were walking aids used to complete TUG? □ Yes* □ No
   *If yes which aids? □ Cane
      □ Walker
      □ Crutches
      □ Braces
      □ Other: Specify: ________________

Was Trial #2 completed per protocol? □ Yes □ No
   TUG time (total seconds): __________
   Were walking aids used to complete TUG? □ Yes* □ No
   *If yes which aids? □ Cane
      □ Walker
      □ Crutches
      □ Braces
      □ Other: Specify: ________________
Optimized Timed Up and Go (TUG):

Was Trial #1 completed per protocol? □ Yes □ No

Supine to sit time (seconds): __________

Sit to stand, walk 3 meters, turn around, return to the mat, and sit down (seconds): ____

Sit to supine (seconds): __________

Were walking aids used to complete TUG? □ Yes* □ No

*If yes which aids? □ Cane
□ Walker
□ Crutches
□ Braces
□ Other: Specify: ________________

Was Trial #2 completed per protocol? □ Yes □ No

Supine to sit time (seconds): __________

Sit to stand, walk 3 meters, turn around, return to the mat, and sit down (seconds): ____

Sit to supine (seconds): __________

Were walking aids used to complete TUG? □ Yes* □ No

*If yes which aids? □ Cane
□ Walker
□ Crutches
□ Braces
□ Other: Specify: ________________