

Daily Mobility Tracker

Use this simple tracker to log your daily movements and assess your mobility needs before choosing a wheelchair. Fill out one row per activity or outing throughout the day.

Time of Day	Location	Distance	Assistance Needed?	Difficulty (1-5)	Notes

Additional Notes:

Use this space to jot down observations about terrain challenges (gravel, slopes, narrow paths), weather conditions, and emergency power access points if using an electric wheelchair. These details can help guide your final choice.