Daily mobility check-in

Quick daily inventory for full-time wheelchair users — energy, equipment, body. *Three minutes per day; spots issues before they become problems.*

DAILY CHECK-IN

DATE	ENERGY (0-10)	PAIN (0-10)	SKIN CHECK OK?	PRESSURE POINTS?	NOTES

WEEKLY SKIN AND PRESSURE-AREA CHECK

- [ ] Sacrum / tailbone — any redness or open spots
- [ ] Buttocks / sit bones
- [ ] Heels
- [ ] Elbows
- [ ] Behind the knees
- [ ] Where the cushion / wheelchair contacts

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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