Timed Up and Go (TUG) *Personal Record*

Oregon Health Authority

Thank you for signing up for this program and agreeing to participate in the Timed Up and Go test. The TUG is given at the first session and your time will be recorded. The test will be given again at the last session and your time will be recorded and compared with your results from the first session.

Participant Name: _____

Remember it is important to walk at a speed that is comfortable and safe for you.

First Assessment	Date: _____	Time: _____. _____ seconds
Second Assessment	Date: _____	Time: _____. _____ seconds
*Follow-up Assessment	Date: _____	Time: _____. _____ seconds

Your ability to *Up and Go* has (circle one):

Gotten Faster *Stayed the Same* *Gotten Slower*

Take a look at your results! Regardless of your age, if you have a walking time of **less than 12 seconds**, you are at a lesser risk of falling.

Research shows that almost everyone can benefit from regular physical activity. Individuals with slower times than those in their same age group may want to talk with their health care or community service providers about other physical activity programs designed to improve their strength, balance, and/or mobility.

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*Follow-up assessment: a few participants may be contacted to participate in an assessment to be completed 6 months following the last class