



Activity and Mobility Daily Goals

Today's Date: _____

		HIGHEST LEVEL OF MOBILITY (HLM) Goal: To Maximize Mobility Every Day		✓ YESTERDAY'S HLM SCORE	✓ TODAY'S GOAL	# OF TIMES HLM MET TODAY (e.g., IIII)
AMPAC MOBILITY SCORE →	24	8 WALKED 250 FEET OR MORE (1 LAP ≈ 485 FEET)		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
	22-23	7 WALKED 25 FEET OR MORE (e.g. WALKED OUTSIDE ROOM)		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
	18-21	6 WALKED 10 STEPS OR MORE (e.g. WALKED TO RESTROOM)		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
	13-17	5 STATIC STANDING (1 OR MORE MINUTES)		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
	6-12	4 TRANSFERRED TO CHAIR/COMMUNE		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
		3 SAT AT EDGE OF BED		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
		2 TURNED SELF IN BED/ BED ACTIVITIES (R.O.M)		<input type="checkbox"/>	<input type="checkbox"/> 2+ TIMES	
		1 LYING IN BED		<input type="checkbox"/>	<input type="checkbox"/>	