A Day in the Life:
A Tool to Help You Help Your Prosthetist (and Vice Versa)

Key Information to Track:

- ☐ **Time awake**
- ☐ **Put prosthesis on**
- ☐ **# Times sit-to-stand and stand-to-sit**
- ☐ **Descriptions of terrain you navigate in and out of your residence**
- ☐ **Take prosthesis off**
- ☐ **Time asleep**

Activity	Time

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