

Timed Up and Go (TUG) Test: Norms Chart

Average times by age, and the CDC fall-risk cutoff



How to do the test

1. Put a chair with arms against a wall. Mark a spot on the floor with tape 10 feet (3 meters) from the front of the chair. Wear your regular shoes, and use your walking aid if you normally need one.
2. Sit with your back against the chair. A helper says “go” and starts a stopwatch.
3. Stand up, walk at your normal pace to the tape, turn around, walk back and sit down.
4. The helper stops the watch when you’re seated. Have someone stand nearby for safety.

Average time to stand, walk 10 feet, turn, return and sit

Age	Average time	Slower than average if more than
60–69	8.1 seconds	9 seconds
70–79	9.2 seconds	10.2 seconds
80–99	11.3 seconds	12.7 seconds

The CDC fall-risk cutoff

An older adult who takes **12 seconds or more** is at risk for falling. Share the result with your doctor, and notice how you walked: a slow, shuffling or unsteady walk matters too.

My results

Date _____ Time _____ s

Date _____ Time _____ s

Date _____ Time _____ s

Sources

1. Bohannon RW. Reference values for the timed up and go test: a descriptive meta-analysis. J Geriatr Phys Ther. 2006;29(2):64–68.
2. Centers for Disease Control and Prevention. STEADI Assessment: Timed Up & Go (TUG). 2017.

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This is general information, not medical advice. Check with your doctor before starting a new exercise program, and stop if you feel pain, dizziness or shortness of breath.