



Enhanced Recovery  
After Surgery  
in Transplantation

**ERAS for kidney transplant recipients  
daily mobility progress chart**



Name:

Date of transplant: \_\_\_ / \_\_\_ / \_\_\_



**Sitting out  
in chair**



**Walks  
achieved**



**Exercise  
Programme**

Postop  
day

For meals

Total  
time in  
chair

1

2

3

4

extra

0

1

2

3

4

5