

# THE 5-MINUTE STROLLER FIT CHECK

Measure your real life before you choose your stroller

## START WITH YOUR ROUTINE

Fill this out before comparing brands

A stroller can win every online comparison and still be wrong for your trunk, stairs, or daily fold. Circle what matters, add your measurements, then use page 2 for your final three.

### 1. WHERE IT HAS TO WORK

- ☐ Mostly car errands
- ☐ Walking from home
- ☐ Public transit or frequent travel
- ☐ Walk-up stairs
- ☐ Elevator, but storage is tight

Main terrain: \_\_\_\_\_

### 2. WHAT YOU WILL DO DAILY

- ☐ Fold it with one hand
- ☐ Lift it into a trunk
- ☐ Carry it up stairs
- ☐ Store it standing up
- ☐ Share pushing with another caregiver

Folds per day: \_\_\_\_\_

### 3. MEASURE THE LIMITS

Use the narrowest real opening - not a showroom estimate

Trunk opening W: \_\_\_\_\_

Max carry weight: \_\_\_\_\_

Trunk opening H: \_\_\_\_\_

Shortest pusher: \_\_\_\_\_

Storage footprint: \_\_\_\_\_

Tallest pusher: \_\_\_\_\_

### 4. NEWBORN + ACCESSORY CHECK

- ☐ Exact manual allows the planned age, weight, recline, and configuration.
- ☐ Required bassinet, adapter, second seat, or exact-model approved insert is included in the real budget.
- ☐ Stroller maker lists this exact generation + car-seat model; current stroller and adapter instructions agree.
- ☐ I checked the exact model/version - not a sibling product with a similar name.

*If any must-have misses a hard limit, remove that stroller before price or color enters the decision.*

# COMPARE MY FINAL THREE

Use exact model facts - then make one honest trade-off

| COMPARE MY FINAL THREE   | OPTION 1 | OPTION 2 | OPTION 3 |
|--------------------------|----------|----------|----------|
| Exact model + version    |          |          |          |
| Folded size (L x W x H)  |          |          |          |
| Weight I must lift       |          |          |          |
| Fold + self-stand        |          |          |          |
| Newborn configuration    |          |          |          |
| Exact car seat / adapter |          |          |          |
| Must-buy add-ons         |          |          |          |
| Complete budget          |          |          |          |
| Recall + manual checked  |          |          |          |
| Biggest compromise       |          |          |          |

## MY THREE HARD STOPS

- ☐ It fits the real trunk or storage space with room for the other things we carry.
- ☐ I can lift and carry it as often as this routine requires.
- ☐ The exact newborn and car-seat setup is confirmed before ordering.

## MY DECISION

Best fit: \_\_\_\_\_

Why it wins: \_\_\_\_\_

## SAFETY PAUSE

Follow the exact stroller manual. A stroller or car seat is not a routine sleep surface; once safely stopped, move a sleeping baby to a firm, flat, non-inclined sleep surface on their back as soon as it is safe and practical. For a used stroller, verify the exact model/date, current manual, condition, and CPSC recalls. For a used car seat, use NHTSA's full used-seat checklist and recall search; do not use one if its history is unknown or any item fails.