

## Activity Log

Name: \_\_\_\_\_ Date Commencing: \_\_\_\_\_

DAY	Monday	Tues- day	Wednes- day	Thurs- day	Friday	Satur- day	Sunday
<b>SLEEP:</b> Write number of hours slept and quality: 1 = very poor, 2 = poor, 3 = fair, 4 = good, 5 = very good <b>Functional Capacity Scale:</b> Record your activity and energy rating every hour using the scale 1-10/10 <b>Activities:</b> (please specify)							
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							
# of minutes walked							
# of usable hours / day							