**Activity Diaries**

Why complete an activity diary

• Good for monitoring your activity level, how much, what you are doing and when,

• Helps you to identify a baseline for activity in order to identify challenges and make progress

• Helps to develop successful pacing skills

• A guide of expectations for return to work, leisure and hobbies etc

• Identify sleep patterns issues

• Help develop good coping strategies

**Aim of an activity diary**

• To identify what activity you are undertaking and when

• Identify low, medium and high energy activities

• Identify periods throughout the day where you are more fatigued or have more energy

**Instructions**

1. Complete the diary for 4-5 days, set time aside to complete it

2. Write down what you are doing in the day, I.e. getting up, have a shower, get dressed, make breakfast, etc. Use short hand, as long as you know what it means.

3. Look over the your dairy and highlight what activities required what level of energy, for example

pink high energy activity

blue medium energy activity

yellow low energy activity

green rest breaks

orange sleep

(A packet of highlighter pens is good for this)

**Examples of Energy and Activities**

|  |  |
| --- | --- |
| High Energy Activity | Physical activities such as walking, running, sport, drying your hair, having a shower  Cognitive – watching a film requiring a high level of concentration like a documentary, reading a detailed book, engaging on social media  Emotional activities – attending appointments/ meetings, stressful event, argument/ disagreement with others |
| Medium Energy Activity | Making a light snack I.e. sandwich, light housework – one activity ie dusting, brushing your hair, putting on make- up, a short work |
| Low Energy Activity | Watching a programme that not detailed like reality TV, or a film you have seen lots of time before, flicking through a magazine, making a hot drink |
| Restful Activities | Meditation, yoga, relaxation, colouring in, listening to soothing music |

Activity Diary

**Example**

**Sleep Quality 1- no sleep, 10- good restful sleep Week Commencing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fatigue Levels 1 – no energy, 10 high levels of energy**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | AM | | | | | | | | | | | | PM | | |
|  | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |  | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | Sleep | Fatigue |
| Monday | S | S | S | S | S | S | S | PC | T | W | W | W |  | w | L | W | W | W | W | T | DA | CC | PC | TV | TV | 8 | 8 |
| Tuesday | S | S | S | S | S | S | S | PC | T | W | W | W |  | w | L | W | W | W | W | T | DA | CC | PC | TV | TV | 9 | 6 |
| Wednesday | S | S | S | S | S | S | S | PC | T | W | W | W |  | w | L | W | W | W | W | T | DA | CC | PC | TV | TV | 9 | 6 |
| Thursday | S | S | S | S | S | S | S | PC | T | W | W | W |  | w | L | W | W | W | W | T | DA | CC | PC | TV | TV | 9 | 6 |
| Friday | S | S | S | S | S | S | S | PC | T | W | W | W |  | w | L | W | W | W | W | T | DA | CC | CC | PC | TV | 9 | 7 |
| Saturday | s | S | S | S | S | S | S | S | S | DA | DA | CC |  | cc | CC | CC | CC | CC | SA | SA | SA | SA | SA | SA | SA | 9 | 4 |
| Sunday | S | S | S | S | S | S | S | S | S | CC | CC | CC |  | cc | CC | SA | SA | SA | SA | SA | SA | CC | DA | PC | TV | 4 | 6 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Energy Levels Codes** | |  | **Activity Codes** | | | |
| **Pink** | **High** |  | **S** | **sleep** | **TV** | **tv** |
| **Blue** | **Medium** |  | **PC** | **Personal care** | **CC** | **Childcare** |
| **Yellow** | **Low** |  | **T** | **travel** | **DA** | **Domestic activity** |
| **Green** | **Rest** |  | **W** | **work** | **SA** | **Social Activity** |
| **Red** | **Sleep** |  | **L** | **lunch** |  |  |

**Activity Diary**

**Sleep Quality 1- no sleep, 10- good restful Sleep Week Commencing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fatigue Level 1 – very fatigue, 10 high levels of energy**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **AM** | | | | | | | | | | | | **PM** | | | | | | | | | | | | | | |
| **12** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Sleep** | **Fatigue** |
| **Monday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Activity Diary**

**Sleep Quality 1- no sleep, 10- good restful Sleep Week Commencing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fatigue Level 1 – very fatigue, 10 high levels of energy**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **AM** | | | | | | | | | | | | **PM** | | | | | | | | | | | | | | |
| **12** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Sleep** | **Fatigue** |
| **Monday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |