## **Activity Log**

Name:	Date Commencing:						
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLEED: Write purples of hours you plant and the plant will be a long of the clean will be a long of the clean							
<b>SLEEP:</b> Write number of hours you slept and the sleep quality: 1 = very poor 2 = poor 3 = fair 4 = good 5 = very good							
Functional Capacity Scale: Record your activity using one word and your energy rating using the scale 1-10/10 every hour in each square.							
Activities: (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							

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We encourage you to copy this log to use with your patients.

Dr. Lynn Marshall and Dr. Rosemary Underhill