





Activity diaries

This is a useful activity to complete and can show clearly where you are spending all your energy. There are two examples attached, example one that highlights that the patient is using all their energy up during work hours, and then having a huge crash at the weekend. This patient would benefit from seeing an occupational therapist who could help them to work out how to pace their activities and incorporate rest and chillout time. The second example shows a lot of blue areas throughout the day. This may be a sign of depression and would be good to talk to your GP for advice.

Instructions for use

-  High Energy Activity - Colour Red
-  Low Energy Activity - Colour Yellow
-  Rest/Chill Out Time - Colour Green
-  Sleep - Colour Blue

Examples of High Energy Activity may be:

- Work / Housework
- Walking
- Looking after children or grandchildren
- Having a shower
- Meeting a group of friends
- Using a computer

Examples of Low Energy Activity may be:

- Reading easy magazines
- Playing board games
- Chatting with a friend
- TV that you are not really interested in

Examples of Rest may be:

- Listening to music
- Use of structured relaxation techniques

However, whether they are low or high really depends on you and how involved you get with these activities

Activity Diaries

Example one:

	Morning - am											Afternoon/evening - 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
Monday																								
Tuesday																								
Wed																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

	Activity using high energy		Activity using low energy		Chill out or Refresh		Sleep	X	Crash
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Example two:

	Morning - am											Afternoon/evening - 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
Monday																								
Tuesday																								
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