

### Activity Log

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

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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.							
<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							

## Activity Log

Name:     **NORMAL**    

Date: \_\_\_\_\_

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
# of Hrs Slept Btwn 11 pm & 6 am	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	
SLEEP QUALITY	1 = very poor		2 = poor		3 = fair		4 = good      5 = very good	
Functional Capacity Scale at the best and worst time of the day.	0 - 10							
Activities (please specify)								
6 a.m.								
7 a.m.	9	9	9	9	10	9	9	
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.								
ENERGY	9	9	9	9	9	9	9	
WALKED		60		60		60	60	

## Activity Log

Name: **CRASHING PATTERN**

Date: \_\_\_\_\_

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
# of Hrs Slept Btwn 11 pm & 6 am	4	4	4	2	2	2	3	
SLEEP QUALITY good	1 = very poor		2 = poor		3 = fair		4 = good	5 = very
Functional Capacity Scale at the beginning of the day and the best time of the day.							0 - 10	
Activities (please specify)								
6 a.m.								
7 a.m.								
8 a.m.								
9 a.m.								
10 a.m.	4	4	5	3	3	3	4	
11 a.m.								
12 a.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.								
ENERGY	3	3	2	2	2	2	3	
WALKED	10	10	20	0	0	0	0	

## Activity Log

Name: RECOVERY PATTERN

Date: \_\_\_\_\_

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
# of Hrs Slept Btwn 11 pm & 6 am	4	4	4	4	4	4	4	
SLEEP QUALITY	1 = very poor		2 = poor		3 = fair		4 = good 5 = very good	
Functional Capacity Scale at the best and worst time of the day. 0 - 10								
Activities (please specify)								
6 a.m.								
7 a.m.								
8 a.m.	6	6	6	6	6	6	6	
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.								
ENERGY	5	5	5	5	5	5	5	
WALKED	20	20	20	20	20	20	20	