Example of Activity Diary – Table Recording

Date/Time	Activity (This includes washing, dressing, reading, watching TV, chores, using a computer, speaking on the telephone, gardening etc.)	High, medium or low level activity. H = High M = Medium L = Low
Monday 11/11/11		
8 am	Woke up, showered	H
9am	Rest	
915 am	Phoned a friend	M
10:00	Had a cup of tea	L
10:30	Went for a walk	H
10:50	Rest	
12 noon	Made lunch	L
1230 pm	Watch TV	M
1300	Tidied up	H
1400	Put on laundry	H
1430	Read newspaper	M
1500	Went to shops to get bread and milk	H
1530	Computer work	H
1600	Rang solicitor	H
1700	Sleep	M
1830	Prepare dinner and eat	
2200	Watch TV	M
	Bed	M