

ACTIVITY CATEGORIES

LOW ENERGY USE		MEDIUM ENERGY USE		HIGH ENERGY USE	
Low	High	Low	High	Low	High
Sitting on sofa with radio on		Using the stairs		Walking formal (Graded Exercise)	
<i>Reading a book (up to 1 hour)</i>		<i>Reading a book (more than 1hour)</i>		Walking informal	
Phone conversations		<i>Sitting in upright chair (up to 30 mins)</i>		<i>Sitting in upright chair (more than 30 mins)</i>	
Crosswords		Getting ready for bed		Visitors (active)	
Reading newspapers/magazines		Getting dressed		Travelling in a car	
Paperwork/admin		Blow-drying hair		Standing (more than 3 minutes)	
Catalogue shopping		Towel drying after bath		Driving	
Visitors (sedentary)		Washing Hair		Heavy housework eg vacuuming	
Watching TV		Washing-up		Changing bed linen (duvet/sheet)	
Using computer		Putting washing in machine		Light Gardening	
		Putting washing on clothes dryer		Shopping (hi physical activity + hi cog)	
		Putting clothes in airing cupboard			
		Putting clean clothes in wardrobe			
		Light housework – dusting (up to 3 mins)			
		Washing fruit & veg			
		Meal preparation			
		Emptying bins			
		Standing (up to 3 minutes)			
		Travelling in a car			
		Stretching Exercises			
		Bath/Shower			
		Changing bed linen (pillow cases - sitting)			

- Hi-cog = high cognitive requirement, eg when shopping
- Italics = activity in more than one column. Some activities in the Low column become Medium if done for more than a few minutes, which can also be applicable for Medium/High activities.
- By placing the activity to the left, right or centre of each Energy Use Column you can identify different levels within each category.
- Break an activity down into individual components eg a doctors' appointment can be walking to the car, travelling in a car and sitting in an upright chair.
- As you improve, some activities in the High column move left to the Medium column and Medium move to Low. Enter new activities in the High column.
- **Remember PACING eg change bed linen over several hours, or even days**