

ACTIVITY CATEGORIES

LOW ENERGY USE		MEDIUM ENERGY USE		HIGH ENERGY USE	
Low	High	Low	High	Low	High

- Some activities in the Low column can 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.