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| ACTIVITY CATEGORIES | | |
| **LOW ENERGY USE** | **MEDIUM ENERGY USE** | HIGH ENERGY USE |
| Low High | Low High | Low High |
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- 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.

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