

Daily Record of Activity (with activity categories)

Date: Wed 16 June

Time	Minutes/ Hours	High/ Medium/ Low Activity	Activity Description
8.30am	8 hours	-	Overnight sleep
9.00am	10 min	Medium	Get up / Get breakfast
9.10am	50 min	Low	Eat breakfast / Watch TV
10.00am	30 min	High	Shower
10.30am	45 min		Rest
11.15am	15mins	Medium	Get dressed
11.30am	3 hours	Low	Watch TV / On phone
2.30pm	15 min	Medium	Get Lunch
2.45pm	3¼ hours	Low	Eat Lunch / Watch TV / On phone
6.00pm	2¾ hours		Sleep
8.45pm	15 mins	Medium	Get food
9.00pm	3½ hours	Low	Eat / Watch TV
12.30am	15 mins	Medium	Get ready for bed
12.45 am	-	-	Go to bed
TOTALS	Sleep: 10¾ hrs Rest: 45 mins Low: 10hr35min Medium: 1hr10min High: 30 min		

High, Medium or Low Activity = High, Medium or Low Energy Use

This example shows a day without any routine or careful planning, with long periods of activity and only one REST time.